

CHARLOTTESVILLE  
**parks & recreation**



**46**

**Summer Camp Fun**

REGISTRATION  
**BEGINS**  
**APR. 24**

# important dates

## April

<b>APRIL 1</b>	Summer Pool Pass Sale Begins / Summer Birthday (Outdoor Pool) Registration Begins
<b>APRIL 1</b>	City Market Opens
<b>APRIL 8</b>	Eggstravaganza, Charlottesville High School, 10:00am
<b>APRIL 13</b>	Thomas Jefferson's Birthday Observance – Administration Offices Closed
<b>APRIL 22</b>	Sock Hop - Carver Recreation Center, 7:00pm - 9:00pm
<b>APRIL 24</b>	Class Registration Begins at 5:30am

## May

<b>MAY 13</b>	Spray Grounds Open
<b>MAY 13</b>	Family Prom - Carver Recreation Center, 7:00pm - 9:00pm
<b>MAY 26</b>	Summer Pool Pass Sale Ends
<b>MAY 27</b>	Outdoor Pools Open

## June

<b>JUNE 7</b>	Farmers in the Park (Meade Park) Begins
<b>JUNE 11</b>	Sunday Sundowns, Washington Park, 3:00pm – 6:00pm
<b>JUNE 14</b>	Home Swim Meet, Washington Park Pool closes at 4 pm
<b>JUNE 24</b>	Sounds of Summer – Belmont Park, 6:00pm - 8:00pm
<b>JUNE 28</b>	Home Swim Meet, Washington Park Pool closes at 4 pm

## July

<b>JULY 4</b>	4th of July Observance – Administration Offices Closed
<b>JULY 9</b>	Sunday Sundowns, Washington Park, 3:00pm – 6:00pm
<b>JULY 19</b>	Home Swim Meet, Washington Park Pool closes at 4 pm

## August

<b>AUGUST 6</b>	Sunday Sundowns, Washington Park, 3:00pm – 6:00pm
<b>AUGUST 19</b>	Sounds of Summer – Azalea Park, 6:00pm - 8:00pm
<b>AUG 14 - AUG 27</b>	Smith Aquatic & Fitness Center Pool and Downstairs locker room Closed for Maintenance. Fitness Room and Group Exercise Studio will Remain Open.
<b>AUG 21 - AUG 27</b>	Key Gymnasium Closed for Maintenance
<b>AUG 28 - SEPT 3</b>	Carver Gymnasium Closed for Maintenance

## September

<b>SEPTEMBER 4</b>	Last Operating Day for Outdoor Pools
<b>SEPTEMBER 4</b>	Labor Day Observance – Administration Offices Closed
<b>SEPTEMBER 17</b>	Spray Grounds Close

For more information about any of the dates or events listed above,  
please call (434) 970-3260 or visit our website at [www.charlottesville.org/parksandrec](http://www.charlottesville.org/parksandrec).

Charlottesville Parks & Recreation  
501 East Main Street,  
Charlottesville, VA 22902  
(434)970-3260

## MISSION STATEMENT

To enhance the quality of life for all through the stewardship of public land and parks and to provide quality recreational experiences.

## VISION

To be the regional leader in the provision of parks and recreation experiences.

## ADVISORY BOARD MEMBERS:

**ELISE CRUZ, Chair**

**DAVID J. HIRSCHMANN, Vice Chair**

**JOHN SANTOSKI**

**(Planning Commission Representative)**

**NED MICHIE**

**(School Board Representative)**

**RUTH BARNETT**

**LLEZELLE A. DUGGER**

**ANNE HEMENWAY**

**JENNIFER SLACK**

## ADMINISTRATION:

**Brian Daly, Director**

dalyb@charlottesville.org

**Doug Ehman, Parks Division Manager**

ehmand@charlottesville.org

**Vic Garber, Recreation Division Manager**

garberv@charlottesville.org

**Rion Summers, PGA, Golf Division Manager**

summers@charlottesville.org



# table of contents










4	.....	Parks & Rec Map with Locator Guide
6	.....	Special Events / City Market & Farmers in the Park
8	.....	Carver Recreation & Smith Aquatics
10	.....	Drop-in Classes & Access Pass
12	.....	Facilities
14	.....	Outdoor Pools & Pool Prices
16	.....	Register Information
18	.....	Activity Listings:
18	●	Aquatics
28	●	Athletics
32	●	Enrichment
42	●	Fitness & Wellness
46	●	Summer Camps
49	●	Registration Form
50	●	60+
53	●	Birthday Parties
54	●	Therapeutics

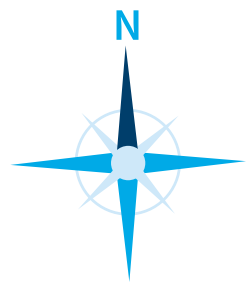
## PARKS & RECREATION FACILITIES PHONE LIST

Administration:	(434) 970-3260
Carver Recreation Center:	(434) 970-3053
Crow Recreation Center:	(434) 977-3977
Key Recreation Center:	(434) 293-8273
McIntire Skate Park:	(434) 244-0166
Meadowcreek Golf Course:	(434) 977-0615
Onesty Family Aquatic Center:	(434) 295-7532
Smith Aquatic & Fitness Center:	(434) 970-3072
Tonsler Recreation Center:	(434) 296-1857
Washington Parks Recreation Center:	(434) 970-5073
Washington Park Pool:	(434) 977-2607

# parks & recreation locator guide

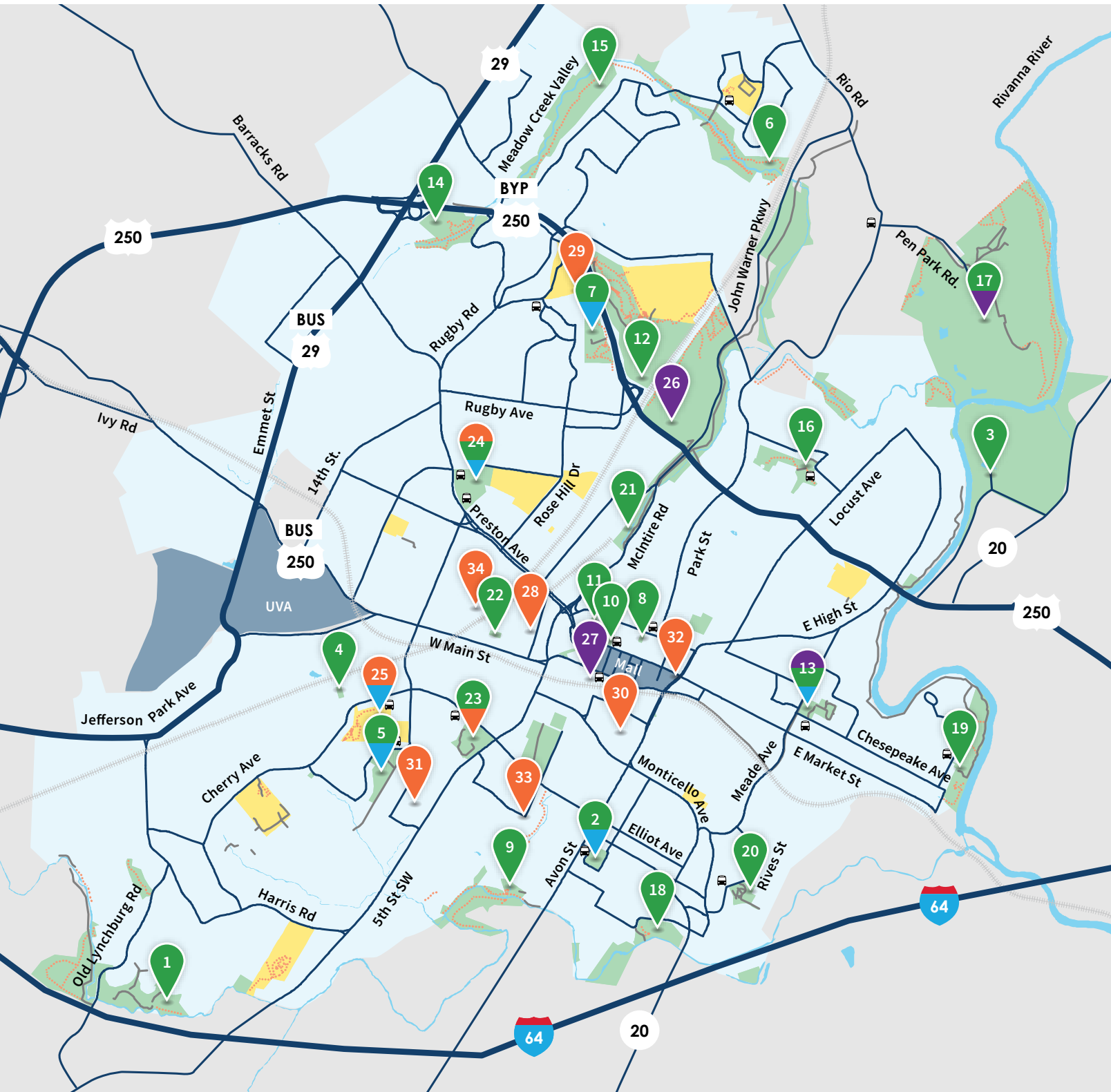
## Map Key:

- |   |             |   |             |   |                  |
|---|-------------|---|-------------|---|------------------|
|  | street      |  | water       |  | unpaved trail    |
|  | park        |  | railroad    |  | city limits      |
|  | city school |  | paved trail |  | albemarle county |









































Map Scale

1.7 inches = .5 miles



**All elementary school sites have multiple playgrounds that are available for public use after 5:30 pm on school days or all day on non-school days.**

		gymnasium	fitness center	teen center	pool	meeting space	public wi-fi	art studio	instructional studio	public transit	parking	dance room	gymnastics room
recreation centers													
28	Carver Recreation Center 233 4th St. NW												
29	Crow Rec Center 1700 Rose Hill Drive												
30	Friendship Court 418 Garret Street												
31	Greenstone on 5th 752 Blue Ridge Commons												
32	Key Center 800 Market Street												
25	Smith Aquatics & Fitness Center 1000-A Cherry Avenue												
33	South First Street 1001 S. First Street												
23	Tonsler 500 Cherry Avenue												
24	Washington Park 1001 Preston Avenue												
34	Westhaven 801 Hardy Drive												

# community & special events

## eggstravaganza

Join us on April 8th at Charlottesville High School for an egg hunt and spring activities. Begins at 10:00 am sharp! Free and open to the public.

## family prom

Mothers, Sons, Daddy's, Daughters, bring your little prince or princess, or bring the whole family for an elegant night of dancing. Come dressed to impress. Light refreshments will be provided. Register in-person at Carver Recreation Center or call (434) 970-3053.

**Saturday, May 13th, Carver Recreation Center, 7:00pm - 9:00pm**

City Residents: \$10 for up to 4 family members. \$5 for each additional person

Non-Residents: \$15 for up to 4 family members. \$5 for each additional person

## superhero 2.5k fun run

Get your family moving together with this 2.5K Family Fun Run (or Walk) at Pen Park. Costumes are encouraged and prizes will be given out. Register early to guarantee a t-shirt!

ACTIVITY#		DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
220315-01	Single Adult	F	May 19		6:00-7:30 pm	Pen Park	\$20/\$20
220315-02	Single Child	F	May 19		6:00-7:30 pm	Pen Park	\$15/\$15
220315-03	Family of 3	F	May 19		6:00-7:30 pm	Pen Park	\$30/\$30
220315-04	Family of 4	F	May 19		6:00-7:30 pm	Pen Park	\$40/\$40
220315-05	Family of 5	F	May 19		6:00-7:30 pm	Pen Park	\$50/\$50
220315-06	Family of 6	F	May 19		6:00-7:30 pm	Pen Park	\$60/\$60

## sunday sundowns

Join us at Washington Park Pool for an afternoon of fun, food and swimming. The free, family-friendly event features a cookout, swimming, music, moon-bounce and activities for the whole family. Presented by Charlottesville Parks & Recreation, BAMA Works, and the LeRoi Moore Fund.

**Sunday, June 11: 3:00 pm – 6:00 pm**

**Sunday, July 9: 3:00 pm – 6:00 pm**

**Sunday, August 6: 3:00 pm – 6:00 pm**

## sounds of summer

Join us for an evening of live music, food and fun for the family. This event is free and open to the public.

Visit [www.charlottesville.org/parksandrec](http://www.charlottesville.org/parksandrec) for more details. Presented by Charlottesville Parks & Recreation and BAMA Works.

**Saturday, June 24 – Belmont Park, 6:00 pm – 8:00 pm**

**Saturday, August 19 – Azalea Park, 6:00 pm – 8:00 pm**

# city market & farmers in the park



Fresh produce, herbs, plants, grass fed meats, crafts, and baked goods all from local vendors!

## CITY MARKET

100 Water Street (corner of Water St. and 2nd St.)

### April – October

Saturdays, 7 am – 12 pm

### November – December

Saturdays, 8 am – 1 pm

## FARMERS IN THE PARK

Located at corner of Meade Ave. and Chesapeake St. inside Meade Park

### May - September

Wednesdays, 3 pm – 7 pm

More information at:

[charlottesville.org/citymarket](http://charlottesville.org/citymarket)

MEDIA PARTNER

**cville**  
This is our town.

# carver recreation center

233 4th Street NW, Jefferson School City Center | (434) 970-3053

## amenities:

Carver Recreation Center features over 33,000 sq. ft. of recreational space including: a fitness center with cardiovascular and strength training equipment; drop-in fitness classes with offerings such as spinning and zumba; personal training; a gymnasium, recreational studios for arts & crafts, gymnastics, and dance; plus a free hi-tech teen center. The Center is also home to a variety of special events like roller skating, dances, concerts, and even birthday parties. Carver is the perfect place to get fit and have fun!

Carver Recreation Center is located in the Jefferson School City Center, adjacent to the upper parking deck on 4th St. NW.

## hours of operation:

M-Th	6am-9pm
F	6am-8pm
Sa	8am-6pm
Su	12pm-6pm

## private rentals:

Are you looking for a unique space in downtown Charlottesville to host your own special event? Carver Recreation Center is the perfect venue for meetings, wedding receptions, bridal/baby showers, or any private party! Carver has both a 4,800 square foot banquet hall with a seating capacity of 200, and a small meeting room for groups of up to 20. The banquet hall features hardwood floors with 15 ft. ceilings, an elevated stage, free Wi-Fi, tables and chairs, restrooms and a catering kitchen. Complimentary parking is also available on-site. Call (434) 970-3267 for rates and availability.

## regular center programs & activities

### roller skating (ages 10 and under must be accompanied by an adult)

Have some fun and burn some energy with free roller skating at Carver.

**Hours:** Fridays, 5pm-8pm and Sundays, 1pm-6pm     **Fees:** Free

### teen center (ages 11-17)

Provided as a free community resource, the Carver teen center is a supervised indoor space with a wide variety of table games and video games (many which focus on active movement) as well as televisions and internet access. It's a safe and fun place for ages 11 and over to play and socialize close to home.

**Hours:** Monday – Thursday, 5 pm – 9 pm | Friday, 5 pm - 8 pm | Saturday and Sunday, 1 pm – 6 pm     **Fees:** Free

### open basketball (ages 7 and under must be accompanied by an adult)

Carver offers open gym time for basketball throughout the week. Each open gym basketball time slot is designated for a specific age group (all ages, adult, or family). Please check the website or parks and recreation mobile app for the most up to date schedule, as the hours change daily. Aug 28 - Sept 3 - Gymnasium will be closed due to maintenance.

**Fees:** Adults (18+) \$2 | Youth (17 and under) Free

### Art Adventures: A Preschool Open Studio (ages 1-6)

This open studio uses traditional and non-traditional media to explore projects based on monthly themes and inspired by the interests of the children. This drop-in class is designed to encourage students to learn through play and sensory experience as they create small and large works, exercising fine and gross motor skills.

**Hours:** Mondays and Thursdays, 10:00am-11:30am, June 12 - August     **Daily Drop-in Fee:** \$7

### parent & me playgroup (ages: 0-5 years)

Have fun and make new friends during our indoor play time in the gym. There will be toys, mats, and props available for children to explore freely and play with others. Active parental supervision is required.

**Mondays, Thursdays & Fridays, 10am-12pm, Jan 2 - May 26     Fees:** \$3 per child/ per visit



# smith aquatic & fitness center



1000-A Cherry Avenue | (434) 970-3072

## hours of operation:

M-F	5:30am-8pm
Sa	5:30am-7pm
Su	10am-6pm

close to  
*UVA &  
downtown*



## amenities:

- 25,000+ sq. ft. of aquatic and fitness space
- Group Exercise classes and studio
- Family Swimming
- Lap Swimming
- Indoor Water Slides
- In-Water Playground
- Personal Training
- State-of-the art fitness equipment
- Locker Rooms
- Family Changing Rooms
- Birthday Parties



for live class listings!

# drop-in group exercise classes



The following drop-in group exercise classes are currently offered at Carver Recreation Center and Smith Aquatic & Fitness Center. For detailed class descriptions and the current schedule of classes, please visit the website at [www.charlottesville.org/parksandrec](http://www.charlottesville.org/parksandrec).

## carver rec center

(subject to change)

- Athletic Conditioning
- Barre
- Bootcamp
- Cycling
- Kettlebell
- TRX
- Yoga
- Zumba
- Insanity
- Core & More
- Piloxing
- Cardio Jam
- P90X
- Piyo

## smith aquatic & fitness center

(subject to change)

- Arthritis Land Exercise
- Alexander Technique
- Barre
- Cardio C-energy
- Morning Stretch & Slow Stretch Yoga
- Beginner & Yoga for Older Adults
- Senior Fit
- Tabata
- Tai Chi
- Yoga
- Xpress Resistance
- Zumba

**For Drop-In Group Exercise Class participants under the age of 18:** 1.) Minors 15-17 years old must have their parent/guardian sign a waiver form at the Front Desk to participate in any Drop-In Fitness Classes. 2.) Minors 13-14 years may participate in a Group Exercise Class (not involving weights) with a signed waiver and accompanied/supervised by their parent or guardian who is also taking the class. If the class involves weights, the minimum age to participate is 15. 3.) Minors 12 years and younger are prohibited from participating in any Drop-In Group Exercise Classes. Please review the Parks and Recreation Program Guide for age appropriate fitness programs for youth 12 and under.

# access pass

**ONE ACCESS PASS.  
THREE FACILITIES.  
UNLIMITED FITNESS.**

## smith aquatic pass benefits

*Unlimited use of the following equipment, amenities and drop-in classes:*

Indoor Lap Pool with Diving Board  
Indoor Leisure Pool including Water Slides, Current Channel and In-Water Playground  
Treadmills, Ellipticals, Recumbent Bikes and Adaptive Motion Trainers by Precor®  
Circuit Training Equipment by Cybex®  
Free-Weights, Benches, Medicine Balls and more...  
20+ Drop-In Fitness Classes per week  
15+ Drop-In Water Classes per week  
Locker Rooms with Showers and Family Changing Room  
Access to personal training sessions (for an additional fee)

## carver rec pass benefits

*Unlimited use of the following equipment, amenities and drop-in classes:*

Treadmills, Ellipticals, Bikes and Adaptive Motion Trainers by Precor® and LifeFitness® all with Personal Televisions and Ipad® Docks  
Circuit Training Equipment by TechnoGym® and LifeFitness®  
Free-Weights, Smith Machine, Cable Crossover and more...  
30+ Drop-In Fitness Classes per week including spinning/indoor cycling  
Basketball Courts at Carver and Key Recreation Center\* during designated open gym  
Locker Rooms with Showers and Family Changing Room  
Access to personal training sessions (for an additional fee)

## key rec pass benefits

Use of Key Recreation Center during designated open gym time for no charge

## where can I get a recreation access pass?

Recreation Access Passes are available for purchase at both Carver Recreation Center and Smith Aquatic & Fitness Center during normal operating hours.

## rates



### city resident

	1 mo.	3 mo.	6 mo.	annual
Individual Adult	\$40	\$108	\$200	\$400
Individual Youth	\$28	\$76	\$140	\$280
Individual Senior (60+)	\$30	\$81	\$150	\$300
Individual Disabled	\$20	\$54	\$100	\$200
Combo Adult	\$70	\$189	\$350	\$700
Combo Adult/Youth	\$64	\$173	\$320	\$640
Combo Senior (60+)	\$55	\$149	\$275	\$550
Family	\$76	\$205	\$380	\$760



### non-residents

	1 mo.	3 mo.	6 mo.	annual
Individual Adult	\$52	\$141	\$260	\$520
Individual Youth	\$34	\$92	\$170	\$340
Individual Senior (60+)	\$39	\$106	\$195	\$390
Individual Disabled	\$26	\$71	\$130	\$260
Combo Adult	\$92	\$249	\$460	\$920
Combo Adult/Youth	\$84	\$227	\$420	\$840
Combo Senior (60+)	\$72	\$195	\$360	\$720
Family	\$101	\$273	\$505	\$1,010



**proof of residency** is required to receive the City Resident rate. Scholarships rates are available for City Residents only.



**combo passes** are defined as two individuals. Individuals do not have to be legally related to each other or reside at the same address.



**family passes** are defined as a group of 3 to 5 individuals who are legally related to each other and must live at the same household address. Families over 5 will pay a fee for each additional person.

*Standard rules apply to all passes and those are agreed to at time of purchase.*

**no initiation fee. no term contracts.**



# facilities

## herman key jr. recreation center

800 East Market Street | (434) 293-8273

### amenities:

Basketball Courts, Meeting Rooms/Classrooms, Kitchen, Wi-Fi

### hours of operation:

Monday - Thursday: 12 pm – 9 pm

Friday: 12 pm – Midnight

Saturday: 1 pm – 6 pm

Sunday: 1 pm – 6 pm

### JUNE 19 – AUGUST 18TH

Mon - Thurs: 5pm - 9pm Mon - Thurs: 5:30pm - 9:00pm

Friday - 5pm - 11:45pm Friday: 5:30pm - 11:45pm

Saturday - 1pm - 6pm Saturday: 1:00pm - 6:00pm

Sunday - 1pm - 6pm Sunday: 1:00pm - 6:00pm

### Friday Night Basketball:

9 pm – Midnight

### drop-in fees

Fees are required for the drop-in programs listed below. If you have a recreation access pass, there is no charge to use the facility, just swipe your pass when you visit.

### basketball, volleyball, pickleball, open gym:

*open basketball (ages 7 and under must*

*be accompanied by an adult)*

Adult (18+) \$2 | Youth (17 and under) Free

*\* August 21 – 27– Gymnasium will be closed due to maintenance\**

Key Center offers open gym time for basketball, pickleball, and volleyball throughout the week. Please pick up a monthly calendar from the Key Center which details the program offerings in the gymnasium. The calendar can also be downloaded from the parks and recreation website.

## crow recreation center

1700 Rose Hill Drive | (434) 977-3977

### amenities:

Game Room, Playstation, Children Basketball Court, Pool Table, Foosball

### hours of operation:

Monday - Friday: 3 pm - 8 pm

Saturday & Sunday: Closed

### summer hours (June 19 - August 7)

Monday - Friday: 5-9 pm

Saturday & Sunday: Closed

## washington park recreation center

1000 Preston Avenue | (434) 970-5073

### amenities:

Amenities: Game Room, Computers, Playstation, Foosball, Outdoor Basketball court

### hours of operation:

Monday - Friday: 5 pm - 8 pm

## McIntire skate park

McIntire Skate-Park | (434) 244-0166

### hours of operation:

Monday - Friday: 3pm - Dusk

Saturday - Sunday: Noon - Dusk

### summer hours (June 12- September 3 )

Monday -Sunday: Noon -9PM

*We provide free helmets, knee and elbow pads for those in need.*

*All patrons must sign in and sign a waiver.*



## housing centers

summer hours (June 12 - August 18)

### green stone on 5th

746 Prospect Ave | (434) 220-3704

### hours of operation:

Monday, Wednesday & Friday: 5:00 pm - 8:00 pm

### friendship court community center

418 Garret Street | (434) 295-9794

### hours of operation:

Monday, Wednesday & Friday: 5:00 pm - 8:00 pm

### south first street community center

1001 S. First Street | (434) 979-7660

### hours of operation:

Monday, Tuesday, Wednesday & Friday: 5:00 pm - 8:00 pm

### westhaven community center

801 Hardy Drive | (434) 296-8318

### hours of operation:

Monday, Tuesday, Wednesday & Friday: 5:00 pm - 8:00 pm

## tonslers recreation center

500 Cherry Avenue | (434) 296-1857

### amenities:

Playground, Basketball Courts,  
Tennis Courts, Game Room,  
Pool Table, Meeting Room, Wi-Fi

### hours of operation:

Monday - Friday: 2pm - 9 pm

Saturday: 1 pm - 6 pm

Sunday: Closed

### center programs

*All programs listed below are free of charge. For more information or to sign-up, please call the center directly at (434) 296-1857.*

**wii & xbox:** Ages 9 or older may play without adult supervision or ages 8 and under with parental supervision required. Come play video games from Monday-Friday. Come join the FUN at Tonsler Park!



# outdoor pools & spray parks

## pools [fee required]

### washington park pool

1001 Preston Ave | 977.2607

### onesty family aquatic center

Meade Ave | 295.7532

### smith aquatic & fitness center [indoor]

1000 A Cherry Ave | 970.3072

For information about daily admission fees and schedules, please visit [www.charlottesville.org/parksandrec](http://www.charlottesville.org/parksandrec) or call the facility directly.

## spray parks [free]

May 13 - Sept 17, Open Daily, 10 am – 8 pm

### belmont spray park [seasonal]

Druid Av

### greenleaf spray park [seasonal]

Rose Hill Drive

### forest hills spary park [seasonal]

Forest Hills Avenue



# 2017 outdoor pool prices

Summer pool passes are valid for unlimited visits at Washington Parks Pool and Onesty Family Aquatic Center from May 27 – September 4.

**Sale prices are valid from April 1 – May 26, 2017.**

Passes must be purchased or renewed by May 27th in order to receive the discounted rate.

## City Resident Pass Rates (valid May 27 to September 4)

PASS TYPE	REGULAR PRICE	SALE PRICE
Charlottesville Student/Youth*	\$29.00	\$25.00
Individual Above 48"	\$56.00	\$48.00
Individual Below 48"	\$36.00	\$31.00
Couple - 2 person rate	\$91.00	\$77.00
Each additional (after purchase of 2 passes)	\$36.00	\$31.00
Disabled	\$10.00	\$9.00

\*Charlottesville Student/Youth is defined as anyone under the age of 18 who resides in the City of Charlottesville. Proof of residency is required to receive resident rates.

## Non-Resident Pass Rates (valid May 27 to September 4)

PASS TYPE	REGULAR PRICE	SALE PRICE
Individual Above 48"	\$106.00	\$90.00
Individual Below 48"	\$76.00	\$65.00
Couple - 2 person rate	\$180.00	\$153.00
Each additional (after purchase of 2 passes)	\$76.00	\$65.00
Disabled	\$20.00	\$17.00

## Daily Admissions

(Washington Park and Onesty)

	CITY RESIDENT	NON-RESIDENT
Above 48"	\$6.00	\$11.00
Below 48"	\$4.00	\$8.00
Senior (60 and above)	\$4.00	\$8.00
Disabled	\$1.00	\$2.00
Age 3 & Under	FREE	FREE

**Purchase a pass by May 26 and save!**

# how to register

Registration for the Summer session begins on **APRIL 24**. This applies to both Resident and Non-Residents. Please plan to register for activities/programs as early as possible. Many activities/programs fill up very quickly.



## online | FAST, SECURE, AVAILABLE 24/7.

A credit card (Visa/MC/Discover) is required to complete the transaction. To register online, go to [www.charlottesville.org/parksandrec](http://www.charlottesville.org/parksandrec).



## phone | 434.970.3260 MONDAY - FRIDAY 8AM - 5PM

Credit card payment (Visa/MC/Discover) is required for all phone-in registrations.



## in-person | REGISTRATIONS

Registration are taken in-person at the following facilities during their normal operating hours:

**Parks & Recreation Administration Office | 501 East Main Street**  
**Carver Recreation Center | 233 4th Street, NW**  
**Smith Aquatic & Fitness Center | 1000-A Cherry Avenue**



## mail | MAIL-IN REGISTRATIONS

**Charlottesville Parks & Recreation**  
**P.O. Box 911 | Charlottesville, VA 22902**

**Residency Status and Discounts:** The Charlottesville Parks & Recreation Department provides discounts for a variety of its recreational activities and programs to residents of the City of Charlottesville. Parks and Recreation routinely checks accounts for the verification of residency in the City of Charlottesville.

**Payment Methods:** Full payment for programs and services must be made at the time of registration. The City accepts cash, checks or credit cards (Visa/MasterCard/Discover) for all registration payments. Please note which form of payment is acceptable for the method of registration you choose. Checks must be made payable to City of Charlottesville.

**Scholarships:** Charlottesville Parks & Recreation offers scholarships to City Residents. Scholarship discounts range from 25% - 90% on a sliding scale based upon your gross annual income. Discounts are available for most, but not all Parks & Recreation programs and services. For more information or to obtain an application, please call **434.970.3260**.

**Registration Confirmation:** Once your registration is processed a receipt will be e-mailed or mailed to you to confirm your enrollment. If you do not receive a receipt, please call **434.970.3260**.

**Waiting List Procedure:** Waiting lists are a source of contact and do not guarantee class placement or telephone call back. You will be notified of vacant class space availability as cancellations and/or additional classes are made available. When you add your name to a class waiting list it does not limit you from registering for any other open class. There is no charge to be added to the waiting list.

**Late Registration:** Late registration will be accepted before the second class session begins. After the second session of the program, no registration will be accepted. Individuals registering late will be required to pay the total fee. Program fees will not be prorated.

**Cancellation Policy:** *(Due to lack of enrollment)* If the program does not have a sufficient number of participants registered by 3 working days before the first session, the program may be cancelled by Parks & Recreation staff.

### **Program Refund Policy:**

1. If the program is cancelled by Parks & Recreation staff, a refund for the FULL amount will be issued via the customer's choice of refund options (see below).
2. If an individual chooses to cancel their enrollment in a program, the following rules shall apply:
  - a) If the cancellation is requested at least 5 business days prior to the 1st class date, a refund for the full amount will be issued via the customer's choice of refund options (see below).
  - b) If the cancellation is requested less than 5 business days prior to the 1st class date or is made after the 1st class date but prior to the 2nd class date, a household credit only will be issued in the amount that the customer paid for the program.
  - c) If the cancellation is requested after the beginning of the 2nd class date of the program, no refunds or credits will be issued.

### **Refund options:**

a) **Household Credit-** Household credits can be used towards the payment of future Parks & Recreation classes, programs, passes and facility rentals. The credit will remain on your account for 1 year from the date of issuance. Any unused credits after 1 year will be refunded via check to the address on file.

b) **Check Refund-** If the customer paid by cash or check and would like a check issued from the City Finance Department. A check will be issued within 3 weeks.

c) **Credit Card Refund-** If the customer paid by credit card, they can have the refund applied to the credit card that was used during the registration. Credits may take 3-5 business days to appear on customer's statements after processing.

*The City of Charlottesville does not refund cash.*

# Sunday Sundowns

A Free Cookout and Afternoon  
of Swimming & Activities

at  
**Washington Park Pool**

**June 11 • July 9 • August 6**  
**Sundays from 3PM to 6PM**

Presented by Charlottesville Parks & Rec, BAMA Works and The LeRoi Moore Fund

**CELEBRATE  
COMMUNITY!**

**FREE ADMISSION!**

**FREE SWIMMING; FIRST COME, FIRST SERVED!**

**FREE FOOD!**  
while supplies last  
starting at 3pm

Featuring a cookout, swimming,  
music, moonbounce and  
activities for the whole family!

For more information call 434-970-3260

CHARLOTTESVILLE  
**parks & recreation**

**BAMA WORKS**  
BLACK ARTIST MUSIC ASSOCIATION



# aquatics

## aquatics staff

**Aquatic Manager:** Phillip Seay, 970 – 3083  
**Assistant Aquatics Operations Manager:** Algreatus Batton, 970 - 3567  
**Aquatic Maintenance Manager:** Matt Jackson, 977 – 0601  
**Aquatic Program Manager:** Linda Austin, 970 – 3073  
**Aquatic Instructional Supervisor/Head Coach:**  
Andrea Ross, 293 – 7399 [May-Sept]  
**Aquatic Recreation Specialist:** Tracy Marshall  
**Assistant Maintenance Personnel:** Dain North, 977-0601

## pool closings

### WASHINGTON PARK POOL

June 14, 28 July 19 • 4:00pm

Swordfish Home meets

### SMITH AQUATIC & FITNESS CENTER

August 14 - 27, 2017 (Reopens Aug 28 at 5:30am)

*Note: Pool and downstairs locker room will be closed.  
Fitness room will operate as scheduled.*

## hours and fees

For Lap Swim, Recreational Swim or Pool Fee information please visit our website: at [www.charlottesville.org](http://www.charlottesville.org)

## SPRAY PARKS

Open Saturday, May 13, 2017

10:00am – 8:00pm

Closed Sunday, Sept. 17, 2017

## Sunday Sundown's – Washington Park pool

June 11, July 9, August 6 | 3:00 - 6:00pm

Presented by Charlottesville Parks and Recreation, BAMA Works and The LeRoi Moore Fund.

Join us for a cookout and afternoon of swimming, music, and activities for the whole family.

**Free Admission – Swimming is first come, first served. 434-970-3260 for more information.**

## thunder/lightening or pool contamination policy

If we experience thunder, lightning, or contamination, the pool will be evacuated until it is safe for patrons to re-enter. Upon the sight of lightning or the hearing of thunder, the pool will be cleared for 30 minutes. Additionally, no new patrons will be admitted into the pool until our severe weather break has expired. During thunderstorms, patrons are not permitted in the pool and should not take showers for at least 30 minutes after the last lightning is seen and thunder is heard. For pool contamination; patrons will be cleared from the pool area for the appropriate period of time designated by the Center for Disease Control [CDC].



## swim lesson registration information

### Swimming class size is limited. Register early!

- **Registration for the Summer session begins April 24, 2017 at 5:30 am ONLINE, 5:30am walk in at Smith AFC, 6:00am walk in at Carver, and 8am at the downtown Parks and Rec office.** This includes mail-in, walk-in, phone-in with credit card only, and online registration at <https://webtrac.charlottesville.org>.
- **Be sure to register your child for the appropriate level based on the class description and age requirement;** please read all information carefully. If you have a question as to the appropriate level for your child, please call the Aquatics Manager or Aquatics Program Manager listed above or the pool at which you wish to take classes.
- **Class enrollment is provided on a first-come, first served basis.** Individuals will be notified if they do not make a class enrollment or if the requested class has been cancelled. Registrations are accepted up until the start time of the second scheduled class; registration will not be accepted after this time. Please consult with the schedule or the Aquatic Program Manager for questions and concerns.
- **Registering for multiple sessions:** Children often require more than one session to master the skills needed to proceed to the next level. We recommend registering swimmers for the same level if registering for two concurrent sessions. A participant may be moved to a more advanced level at the discretion of the swim lesson coordinator.

Walk-in, mail-in and phone-in (credit card only) registrations for swim programs are also accepted at our Downtown office, 120 Seventh St. NE (970-3260). However, mail-in registrations are processed at the end of each business day. You or your child may be closed out of classes that fill up quickly.

Mail to: **Charlottesville Parks and Recreation  
Aquatics Division  
P.O. BOX 911  
Charlottesville, VA 22902**



## Parent & Infant/Toddler—Learn-to-Swim Classes (Ages 6 months to 3 years)

American Red Cross Parent & Infant/Toddler Aquatics is designed to orient young children to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics. It is not designed to teach children to become good swimmers or even to survive in the water on their own. These classes give parents safety information and teach techniques to help them orient their children to the water and to provide direction regarding how to supervise water activities in a responsible manner. This program is a bonding experience that will fill instructors, parents, and children with wonderful lifelong memories.

### starfish level 1

Parents are taught to safely work with their child in the water, including how to support & hold their child, to prepare and encourage full participation and try new skills. Water safety topics are introduced and directed to parents. Goals consist of basic water skills to help lay the foundation for learning to swim.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310101-01	0.5-1.5	Sa	Jun 10-Aug 12	Jul 1, Jul 29	11:00-11:30 am	Smith AFC	\$49/\$76
310101-02	0.5-1.5	M-Th	Jun 19-Jun 29		5:30-6:00 pm	Smith AFC	\$49/\$76

### starfish level 2

Starfish Level 2 builds on the skills introduced in Starfish Level 1. Participants improve on these skills and learn more advanced skills in Starfish Level 2. Water Safety topics are introduced and directed to parents.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310102-01	1.5-3	Sa	Jun 10-Aug 12	Jul 1, Jul 29	12:00-12:30 pm	Smith AFC	\$49/\$76
310102-02	1.5-3	M-Th	Jul 10-Jul 20		5:30-6:00 pm	Smith AFC	\$49/\$76
310102-03	1.5-3	M-Th	Jul 31-Aug 10		6:00-6:30 pm	Smith AFC	\$49/\$76

## Preschool —Learn-to-Swim Classes (Ages 3 to 5 years)

American Red Cross Preschool Aquatics teaches aquatic and safety skills in a logical progression. It is composed of 3 levels. The objective is to start teaching fundamental water safety and aquatic skills in a positive learning environment.

### sting ray level 1

Can leave parents willingly. Follow direction in a group setting. First class without a parent, no prerequisites required. Goal is to help children feel comfortable & enjoy the water safely. Introduction of elementary aquatic skills, develop good attitudes & safe practices around the water.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310104-01	3-5	Sa	Jun 10-Aug 12	Jul 1, Jul 29	9:00-9:30 am	Smith AFC	\$49/\$76
310104-02	3-5	M-Th	Jun 19-Jun 29		9:30-10:00 am	Washington Park Pool	\$49/\$76
310104-03	3-5	M-Th	Jun 19-Jun 29		6:00-6:30 pm	Smith AFC	\$49/\$76
310104-04	3-5	M-Th	Jul 10-Jul 20		9:30-10:00 am	Washington Park Pool	\$49/\$76
310104-05	3-5	M-Th	Jul 31-Aug 10		9:30-10:00 am	Washington Park Pool	\$49/\$76
310104-06	3-5	M-Th	Jul 31-Aug 10		9:45-10:15 am	Onesty Family Aquatic	\$49/\$76
310104-07	3-5	M-Th	Jul 31-Aug 10		5:30-6:00 pm	Smith AFC	\$49/\$76

### sting ray level 2

Sting Ray Level 1 certificate preferred or must be able to demonstrate Sting Ray Level 1 exit skills. Goal is to build on Level 1 skills and enjoy success with fundamental skills. Learn to float on back unsupported, recover to a vertical position, explore simultaneous & alternating arm and leg actions on front & back, build foundation for future strokes. Self-help and basic rescue skills.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310105-01	3-5	Sa	Jun 10-Aug 12	Jul 1, Jul 29	9:30-10:00 am	Smith AFC	\$49/\$76
310105-02	3-5	M-Th	Jun 19-Jun 29		10:20-10:50 am	Washington Park Pool	\$49/\$76
310105-03	3-5	M-Th	Jul 10-Jul 20		10:20-10:50 am	Washington Park Pool	\$49/\$76
310105-04	3-5	M-Th	Jul 10-Jul 20		6:00-6:30 pm	Smith AFC	\$49/\$76
310105-05	3-5	M-Th	Jul 31-Aug 10		9:15-9:45 am	Onesty Family Aquatic	\$49/\$76
310105-06	3-5	M-Th	Jul 31-Aug 10		10:20-10:50 am	Washington Park Pool	\$49/\$76

## Preschool — Learn-to-Swim Classes (Ages 3 to 5 years)

### sting ray level 3

Sting Ray Level 2 certificate preferred or can demonstrate Sting Ray Level 2 exit skills. Goal is to build on Level 2 skills by providing additional guided practice. Learn to effectively coordinate combined simultaneous arm and leg actions, alternating arm & leg actions and safety skills.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310106-01	3-5	Sa	Jun 10-Aug 12	Jul 1, Jul 29	11:30-12:00 pm	Smith AFC	\$49/\$76
310106-02	3-5	M-Th	Jun 19-Jun 29		9:45-10:15 am	Onesty Family Aquatic	\$49/\$76
310106-03	3-5	M-Th	Jul 10-Jul 20		9:45-10:15 am	Onesty Family Aquatic	\$49/\$76
310106-04	3-5	M-Th	Jul 31-Aug 10		8:45-9:15 am	Onesty Family Aquatic	\$49/\$76
310106-05	3-5	M-Th	Jul 31-Aug 10		6:30-7:00 pm	Smith AFC	\$49/\$76

**\*\* Upon completion of Sting Ray Level 3 participants are ready to advance to Level 3\*\***

## American Red Cross — Learn to Swim Classes (Ages 6 — 17 years)

The 6 levels of Learn to Swim instruction help swimmers of all ages and varying abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience. American Red Cross Learn to Swim teaches aquatic and safety skills in a logical progression.

### level 1 - intro to water skills

Building confidence in the water, learn to blow bubbles, float & kick on front and back with support, breath control, under water swimming and intro to arm action.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310201-01	5-17	Sa	Jun 10-Aug 12	Jul 1, Jul 29	9:00-9:45 am	Smith AFC	\$49/\$76
310201-02	5-17	M-Th	Jun 19-Jun 29		9:00-9:45 am	Onesty Family Aquatic	\$49/\$76
310201-03	5-17	M-Th	Jun 19-Jun 29		9:30-10:15 am	Washington Park Pool	\$49/\$76
310201-04	5-17	M-Th	Jun 19-Jun 29		6:30-7:15 pm	Smith AFC	\$49/\$76
310201-05	5-17	M-Th	Jul 10-Jul 20		9:30-10:15 am	Washington Park Pool	\$49/\$76
310201-06	5-17	M-Th	Jul 31-Aug 10		9:30-10:15 am	Washington Park Pool	\$49/\$76

### level 2 - fund water skills

Learn unsupported floating on front & back, recover to a vertical position from a floating position, glide on front & back, swim on front & back using combined strokes for 5 yds.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310202-01	5-17	Sa	Jun 10-Aug 12	Jul 1, Jul 29	9:45-10:30 am	Smith AFC	\$49/\$76
310202-02	5-17	M-Th	Jun 19-Jun 29		10:05-10:50 am	Washington Park Pool	\$49/\$76
310202-03	5-17	M-Th	Jun 19-Jun 29		7:15-8:00 pm	Smith AFC	\$49/\$76
310202-04	5-17	M-Th	Jul 10-Jul 20		9:00-9:45 am	Onesty Family Aquatic	\$49/\$76
310202-05	5-17	M-Th	Jul 10-Jul 20		10:05-10:50 am	Washington Park Pool	\$49/\$76

### level 3 - stroke development

Level 2 certificate preferred or able to perform Level 2 exit skills. Build on learned skills by providing guided practice. Learn survival float, swim front crawl & elementary backstroke for 15 yards. Introduce scissors kick, dolphin kick and fundamentals of treading water. Learn rules for headfirst entries and begin head first entries from the side of the pool.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310203-01	5-17	Sa	Jun 10-Aug 12	Jul 1, Jul 29	10:00-10:45 am	Smith AFC	\$49/\$76
310203-02	5-17	M-Th	Jun 19-Jun 29		9:30-10:15 am	Onesty Family Aquatic	\$49/\$76
310203-03	5-17	M-Th	Jul 10-Jul 20		9:30-10:15 am	Onesty Family Aquatic	\$49/\$76
310203-04	5-17	M-Th	Jul 31-Aug 10		7:05-7:50 pm	Smith AFC	\$49/\$76

# American Red Cross—Learn to Swim Classes (Ages 6—17 years)

## level 4 - stroke improvement

Level 3 certificate preferred or able to perform Level 3 exit skills. Develop confidence in the strokes and improve other aquatic skills. Increase endurance and distances by swimming familiar strokes. Add arm action to the scissor kick for sidestroke. Learn the back crawl, breaststroke, and butterfly; basics for turns at the wall. Safety skills.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310204-01	5-17	Sa	Jun 10-Aug 12	Jul 1, Jul 29	10:45-11:30 am	Smith AFC	\$49/\$76
310204-02	5-17	M-Th	Jul 10-Jul 20		8:45-9:30 am	Onesty Family Aquatic	\$49/\$76
310204-03	5-17	M-Th	Jul 31-Aug 10		8:45-9:30 am	Onesty Family Aquatic	\$49/\$76

## level 5 - stroke refinement

Level 4 certificate preferred or able to perform Level 4 exit skills. Coordinate and refine strokes. Refine performance of all strokes - front crawl, backstroke, butterfly, breaststroke, sidestroke, and elementary backstroke, and increase distances. Flip turns on front and back introduced. Safety skills.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310205-01	5-17	M-Th	Jun 19-Jun 29		8:45-9:30 am	Onesty Family Aquatic	\$49/\$76

## Private Lessons

One-on-one 30 minute swim instruction for youth and adults. Good for beginner to intermediate swimming levels.

30 MINUTES	1 STUDENT (PRIVATE)	2 STUDENTS (SEMI PRIVATE)	3 STUDENTS (SEMI PRIVATE)
1 Lesson	Residents - \$27 Non Residents - \$35	Residents - \$43 Non Residents - \$49	Residents - \$60 Non Residents - \$72
5 Lessons	Residents - \$128 Non Residents - \$152	Residents - \$188 Non Residents - \$200	Residents - \$246 Non Residents - \$264
10 Lessons	Residents - \$256 Non Residents - \$304	Residents - \$359 Non Residents - \$385	Residents - \$489 Non Residents - \$510

Please contact the Aquatics Program Manager Linda Austin @ 970 - 3073 or [austinl@charlottesville.org](mailto:austinl@charlottesville.org) for more details.

**Cancellation Policy:** If a private lesson should need to be cancelled or rescheduled, a 2 hour notification to the instructor is required or the private lesson is forfeited for that day. In the case of semi-private swim lessons, if one family/child is absent then recommendation is to cancel entire lesson as a make-up will not be held for the absent child – their lesson is forfeited that day.



# Youth Aquatic Teams and Prep Programs

## city swordfish swim team

**REGISTRATIONS** accepted at Washington Park pool only due to JSL requirements during the practice times listed below and starting May 30, 2017.

**1st Opportunity** to Register will be at our City Swordfish Parent Orientation on Mon. May 15, 2017 AT 6:15PM at Carver Rec Center

**COST: Residents \$100/Non Residents \$150**

Open to City of Charlottesville resident boys & girls ages 5 - 18 years of age. Swimmers must be able to swim 25 yards on their front and back in order to be in this program. All swimmers must be registered to participate in practice.

The City Swordfish swim team participates in the Jefferson Swim League [JSL] from June thru July. All Swordfish swimmers are required to participate in at least 2 dual swim meets; held on Wednesdays beginning June 14th as well as the end of the season CHAMPS on July 28 & 29. According to the JSL Bylaws, Article IV #4 – "Each team's seeding for the coming season will be determined by the team's CHAMPIONSHIP finish position in the just completed season."

Approximately 80 parent volunteers are required to ensure the swim meets run smoothly; please contact the Meet Director for position details.

**Activity Number: 310701-01**

**Location: Washington Park Pool**

### ALL AGES

May 30 – June 9

Afternoons	4:00 – 5:00pm	Monday – Friday
Afternoons	5:00 – 6:00pm	Monday - Friday

[Please choose 1 hour time frame, if swimmers arrive late to the 1st practice they will be asked to wait until the 5:00pm practice begins]

### AGES 10 AND UNDER

June 12 – July 19

Mornings	9:15 – 10:15am	Monday – Friday
Evenings	6:15 – 7:15pm	Monday – Thursday

### AGES 11 AND OVER

June 12 – July 19

Mornings	7:45 – 9:15am	Monday – Friday
Evenings	7:15 – 8:45pm	Monday – Thursday

*NO PRACTICE JULY 4 -TUESDAY*

### CHAMPS Swimmers ONLY

July 20 - July 27	M-F	7:45 - 9:15am (11 and over)
		9:15 - 10:15am (10 and under)
	M-Th	6:15 - 7:15pm (10 and under)
		7:15 - 8:45pm (11 and over)

### JSL CHAMPS

**\*Due to construction at UVA AFC location has moved for 2017\***

**Location: Fork Union Military Academy [FUMA]**

4744 James Madison Highway  
Fork Union, VA 23055  
Dates: July 28 & 29

## special events

### parent orientation

This orientation session will provide parents/families the City Swordfish handbook, registration opportunities and other pertinent information. It is also a chance to meet our coaching staff and raise questions or concerns about the upcoming summer season. This is not a swim function.

**Location:** Carver Recreation Center

**Date:** May 15, 2017 [Mon]

**Time:** 6:15pm

### pancake dinner

Please join us for our 9th annual Pancake dinner celebrating a great season before the JSL CHAMPS. We will have pancakes and orange juice for all! Swordfish parents and participants are encouraged to help make banners and signs to post at the JSL CHAMPS for our fellow Swordfish swimmers. A sign up sheet will be available July 8th; we encourage all families to sign up prior to July 22nd so we can have an accurate head count. This is a spirit function.

**Location:** Herman Key Jr. Recreation Center | 800 East Market Street

**Date:** July 26, 2017 [Wed]

**Time:** 6:15 – 7pm CHAMPS Posters/Banners

**Dinner:** 7 – 8:30pm

\*\* Families wishing to bring fruit or other side dishes are encouraged \*\*

### potluck banquet dinner

Let's celebrate the 2016 summer season, all swimmers and families are welcome. Families are asked to provide a side dish and dessert that can feed up to 8 people.

**Location:** Herman Key Jr. Recreation Center | 800 East Market Street

**Date:** Aug 1, 2017 [Tues]

**Time:** 6:00 – 7:30pm Dinner

7:30 – 9:00pm Awards Ceremony

- Main course and drinks will be provided by the City of Charlottesville.

### swordfish fun swim

**SIGN UP EARLY!** Come join us for a fun day to swim and play at Onesty Family Aquatic Center. Due to the limited space, all participants are asked to sign up for one session only and vacate the pool immediately following the end time of your session. \*Registered Summer 2014 City Swordfish families only\*

**Location:** Onesty Family Aquatic Center

**Date:** Aug 2, 2017 [Wed]

**Time:** 4:00 – 6:00pm Session 1

6:30 – 8:30pm Session 2

## Mighty Mite Prep Program

The Mighty Mites program is a preparatory program for future participation on the City SWORDFISH Swim Team. Children who can't swim the entire length on their front and back are good candidates for this program.

Each Level builds on one another, until the child can swim the length of the pool on their front and back qualifying for the City Swim team.

If you are not interested in joining the City Swordfish Swim team, please look into our American Red Cross swim classes.

# Mighty Mite Prep Program

## mighty mites 1

The Mighty Mite level 1 is for children who can't put their face in the water easily. Learn to float and their front and back, torpedoes, streamline position & drafting on front and back.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310702-01	4-8	M-Th	Jun 19-Jun 29		10:15-10:45 am	Washington Park Pool	\$49/\$76
310702-02	4-8	M-Th	Jul 10-Jul 20		10:15-10:45 am	Washington Park Pool	\$49/\$76

## mighty mites 2

Completion of Mighty Mite level 1 preferred. The Mighty Mite level 2 places emphasis on developing strokes and swimming 5 – 10 yards on front & back, with breathing.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310703-01	4-8	M-Th	Jun 19-Jun 29		10:15-10:45 am	Washington Park Pool	\$49/\$76
310703-02	4-8	M-Th	Jul 10-Jul 20		10:15-10:45 am	Washington Park Pool	\$49/\$76

## mighty mites 3

Completion of the Mighty Mite level 2 preferred. The Mighty Mite level 3 places emphasis on developing strokes and passing the swim test to join the City Swordfish swim team. One length on their front with breathing and one length on their back.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310704-01	4-8	M-Th	Jun 19-Jun 29		8:45-9:15 am	Washington Park Pool	\$49/\$76
310704-02	4-8	M-Th	Jul 10-Jul 20		8:45-9:15 am	Washington Park Pool	\$49/\$76

# Red Cross Certification Courses

## Red Cross Blended Learning Lifeguarding Course Activity # 310601 \$150

For Lifeguard candidates without their current lifeguard certification. Students successfully completing the course will receive first aid, CPR/AED for the Professional Rescuer and American Red Cross Lifeguard certificate; valid for 2 years.

- **Minimum age of 15.**
- **Precourse Swim Test:**
  - Swim 300 yards continuously; 100 freestyle, 100 breast stroke and 100 combination free or breast.
  - Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–12 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object in hands [using legs only] and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Tread water for 2 minutes without using hands
- Must be 15 years old by the last day of class
- Cannot miss class

\*Should a candidate fail to successfully complete the Precourse swim test, a refund can be issued minus the Pre-course swim test and Red Cross registration fee of \$75.

Students successfully completing the course will receive Standard First Aid, CPR/AED for the Professional Rescuer and American Red Cross Lifeguard certificate.

### Bring to class:

- Swim suit
- Towels [multiple]
- Paper, pencil, highlighter or notebook
- CPR mask [may be purchased for \$15]

**PAYMENT OF THE COURSE FEE AND PARTICIPATION IN CLASS DOES NOT GUARANTEE CERTIFICATION. STUDENTS MUST SUCCESSFULLY COMPLETE ALL COURSE OBJECTIVES IN ORDER TO BE CERTIFIED.**

\*\* Requests for make-up classes due to personal conflicts will not be honored, students are required to attend all class sessions\*\*

# Red Cross Certification Courses

## Red Cross Blended Learning Lifeguarding Course \$150 Activity # 310601 (Continued)

310601-01

<b>Pretest Administered:</b>	Thursday, June 1	6pm – 7:30pm
<b>In Class sessions:</b>	Friday, June 9	9am – 5pm
	Saturday, June 10	9am – 5pm
	Sunday, June 11	12pm – 8pm

310601-02

<b>Pretest Administered:</b>	Friday, June 30	6pm – 7:30pm
<b>In Class sessions:</b>	Sunday, July 9	12pm – 8pm
	Sunday, July 16	12pm – 8pm
	Sunday, July 23	12pm – 8pm

## red cross lifeguarding: review course \$135 Activity # 310604-01 Location: TBA

For Lifeguard candidates who possess a current certification or have expired within 1 months of the start date of each class. All participants are required to provide current or expired certification cards the first day of class.

The purpose of the Review course is to give individuals the opportunity to review the course content within a formal class setting. The format optimizes a candidate's ability to successfully complete the knowledge and skills evaluations. The responsibility for preparing for the final written exam is shared by the instructor and the candidate. Candidates should be prepared to watch videos, review all required skills, and be prepared to take written and physical exam; valid for 2 years.

### • Precourse Swim Test:

- Swim 300 yards continuously; 100 freestyle, 100 breaststroke and 100 combination free/breast.
- Tread water for 2 minutes without using hands
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7–10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
- Must be 15 years old by the first day of class
- Cannot miss class

*\*Should a candidate fail to successfully complete the Precourse swim test, a refund can be issued minus the Pre-course swim test cost of \$75.*

Students successfully completing the course will receive Standard First Aid, CPR/AED for the Professional Rescuer/lifeguard and American Red Cross Lifeguard certificate.

### Bring to class:

- Red Cross Lifeguarding book
- Swim suit
- Towels [multiple]
- Paper, pencil, highlighter or notebook
- CPR mask [may be purchased for \$15]

***PAYMENT OF THE COURSE FEE AND PARTICIPATION IN CLASS DOES NOT GUARANTEE CERTIFICATION. STUDENTS MUST SUCCESSFULLY COMPLETE ALL COURSE OBJECTIVES IN ORDER TO BE CERTIFIED.***

**\*\* Requests for make-up classes due to personal conflicts will not be honored, students are required to attend all class sessions\*\***

In Class sessions:	Saturday, August 5	12pm – 8pm
	Sunday, August 6	12pm – 8pm

## life guard academy

We are in the process of establishing a program to introduce, recruit and develop area youth ages 13 – 17, to become Lifeguards. Contact Algreatus Batton (434-970-3567) for additional information.

## Adult Aquatic Classes

### beginner

This swim class is geared toward Adults 18+ years with little to no experience. This class will help build confidence in the water, learn introductory skills such as, blowing bubbles, float and kick on front and back with support, breath control, underwater swimming and intro to arm action.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310401-01	18-99	Su	Jun 11-Jul 23	Jul 2	12:00-1:00 pm	Smith AFC	\$49/\$76

### intermediate

This class is geared toward intermediate swimmers ages 18 + years. Swimmers must be able to swim 1/2 the length of the pool on their front and 1/2 on their back [10 - 15 yards]. This class will help with stroke development, endurance and the introduction of resting strokes [breaststroke and elementary backstroke].

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
310403-01	18-99	Su	Jun 11-Jul 23	Jul 2	1:00-2:00 pm	Smith AFC	\$49/\$76

## Adult Water Aerobics

### h2o basics i

Shallow-aqua aerobics emphasizing cardiovascular conditioning and strengthening using water resistance. Swimming proficiency is not required.

### senior splash

Shallow-aqua aerobics promoting aerobic fitness, strength, and flexibility using water resistant exercises. Swimming proficiency is not required.

### off the deep end

Deep-water aerobics featuring buoyancy/resistance equipment designed to increase flexibility, strength, endurance, aerobic conditioning, balance, and motor coordination in a non-impact environment. Swimming proficiency is advised. *NOTE: New class members please arrive early on your first visit for proper fitting of equipment.*

### high gear I

Moderate to advanced toning and cardio classes, utilizing forward/backward lateral and up/down movements, designed to build muscle strength and cardio endurance in a low impact environment.

### h2O power hour

An excellent water workout that goes to the limit! A fun, energizing hour of calorie burning, high intensity-low impact H2O aerobics, featuring stretching, burst movements and water based kickboxing movements. A great way to stay/get in shape. Come give it a try.

### deep water aqua-blast

A moderate to high intensity water workout, utilizing intervals of high-energy aerobic movements, mixed with light to moderate movements involving cardio, toning and stretching.

### freestyle aerobics

Freestyle aerobics from moderate to high intensity. Cardio, toning, strengthening, and stretching components.

### get your fit on!

#### ARTHRITIS FOUNDATION AQUATIC PROGRAM

This program was created for people with arthritis to keep joints flexible, muscles strong and to help reduce pain associated with arthritis.

Complete Aerobic Schedules and pool entry fees are available online at: [www.charlottesville.org](http://www.charlottesville.org) or at pool sites

# athletics

## athletics staff

Athletics Manager: Avery Watkins, 434.970.3271, watkinsa@charlottesville.org

Weather Hotline: 434.970.3593

## tennis

### tennis family friendly quickstart

Ages 3-6: This fun, "low key" class has parents on court with their children participating in fun games and drills. The family will learn to have fun together in a productive and loving atmosphere using the Matilda Blue QuickStart methodology. (36 foot court, red foam and red felt ball)

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320306-01	3-6	Sa	Jun 10-Jul 29		10:00-11:00 am	Pen Park	\$40/\$52
320306-02	3-6	Su	Jun 11-Jul 30		2:00-3:00 pm	Tonsler Park	\$40/\$52

### tennis quickstart kids

Ages 7-10. This, "play based" program will provide each participant a basic understanding of how the game is played, while also developing a solid understanding of stroke skills and point play strategies.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320308-01	7-10	Sa	Jun 10-Jul 29		11:00 am-12:00 pm	Pen Park	\$40/\$52
320308-02	7-10	Su	Jun 11-Jul 30		3:00-4:00 pm	Tonsler Park	\$40/\$52
320308-03	7-10	M-Th	Jun 12-Jun 15		9:00-10:30 am	Pen Park	\$40/\$52
320308-04	7-10	M-Th	Jun 19-Jun 22		9:00-10:30 am	Pen Park	\$40/\$52
320308-05	7-10	M-Th	Jun 26-Jun 29		9:00-10:30 am	Pen Park	\$40/\$52
320308-06	7-10	M,W-F	Jul 3-Jul 7	July 4	9:00-10:30 am	Pen Park	\$40/\$52
320308-07	7-10	M-Th	Jul 17-Jul 20		9:00-10:30 am	Pen Park	\$40/\$52
320308-08	7-10	M-Th	Jul 24-Jul 27		9:00-10:30 am	Pen Park	\$40/\$52
320308-09	7-10	M-Th	Jul 31-Aug 3		9:00-10:30 am	Pen Park	\$40/\$52

### tennis-jdtdc-2

Ages 11 and up. Using the yellow ball on the 78 foot court juniors will take the next, upward step in this fun, social based developmental program. The 6 basic strokes of tennis will be taught using fun games, drills and lots of reps. This class is perfect for the rising player, that will hopefully play on their high school team, participate in USTA tournaments, or Team Tennis.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320302-05	11-17	M-Th	Jun 12-Jun 15		10:30 am-12:00 pm	Pen Park	\$40/\$52
320302-06	11-17	M-Th	Jun 20-Jun 22		10:30 am-12:00 pm	Pen Park	\$40/\$52
320302-07	11-17	M-Th	Jun 26-Jun 29		10:30 am-12:00 pm	Pen Park	\$40/\$52
320302-08	11-17	Tu-F	Jul 4-Jul 7	July 4	10:30 am-12:00 pm	Pen Park	\$40/\$52
320302-09	11-17	M-Th	Jul 10-Jul 13		10:30 am-12:00 pm	Pen Park	\$40/\$52
320302-10	11-17	M-Th	Jul 17-Jul 20		10:30 am-12:00 pm	Pen Park	\$40/\$52
320302-11	11-17	M-Th	Jul 24-Jul 27		10:30 am-12:00 pm	Pen Park	\$40/\$52
320302-12	11-17	M-Th	Jul 31-Aug 3		10:30 am-12:00 pm	Pen Park	\$40/\$52

# tennis

## tennis lesson-adult

This fun and fast paced developmental tennis program will feature training that will teach the six basic strokes of tennis in combination with footwork, positioning, and match play strategies. Class participants are encouraged to pair up and play points directly following class. This is a great way to put those skills to the test! Class taught by Christopher "Cubby" Cubbage.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320305-07	18-99	W	May 2-Jun 6		6:00-7:00 pm	Tonsler Park	\$40/\$52
320305-08	18-99	W	May 2-Jun 6		7:00-8:00 pm	Tonsler Park	\$40/\$52

# sports

## t-ball play and spray

Enjoy a morning of t-ball play with your little one. This class is hands on for caregivers, so be ready to stretch and move. Your child will learn basic t-ball skills in a fun and supportive environment. After t-ball, we will have a chance to cool off and play in the water.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320206-01	2-3	Th	Jun 15-Jul 6		9:45-10:30 am	Forest Hills Park	\$30/\$39
320206-02	3-5	Th	Jun 15-Jul 6		10:45-11:30 am	Forest Hills Park	\$30/\$39
320206-03	2-3	Th	Jul 20-Aug 10		9:45-10:30 am	Forest Hills Park	\$30/\$39
320206-04	3-5	Th	Jul 20-Aug 10		10:45-11:30 am	Forest Hills Park	\$30/\$39

## soccer - parent & me

This parent and me development program is a proven instructional program that prepares children ages 3-5 for the world of organized sports without the threat of competition or fear of getting hurt. Parents work together with their children in a supportive environment to learn all the basic skills. Classes are held on the field adjacent to the tennis courts at Darden Towle Park.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320204-01	3-5	M-Th	Jun 12-Jun 15		5:45-6:45 pm	Darden Towle	\$30/\$39
320204-04	3-5	M-Th	Jun 26-Jun 29		5:45-6:45 pm	Darden Towle	\$30/\$39
320204-05	3-5	M-Th	Jul 10-Jul 13		5:45-6:45 pm	Darden Towle	\$30/\$39
320204-06	3-5	M-Th	Jul 17-Jul 20		5:45-6:45 pm	Darden Towle	\$30/\$39
320204-07	3-5	M-Th	Jul 24-Jul 27		5:45-6:45 pm	Darden Towle	\$30/\$39
320204-02	3-5	M-Th	Aug 7-Aug 10		5:45-6:45 pm	Darden Towle	\$30/\$39

## cville bball camp

Youth ages 6-13 are invited for a week of exciting, fun filled basketball instruction and games. Staff will be involved in teaching students good, fundamental basketball skills with an emphasis on building a positive outlook on life through the sport of basketball!

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320401-01	6-13	M-F	Jun 5-Jun 9		9:00 am-12:00 pm	Tonsler Park	\$50/\$75
320401-02	6-13	M-F	Jun 12-Jun 16		9:00 am-12:00 pm	Tonsler Park	\$50/\$75
320401-03	6-13	M-F	Jun 19-Jun 23		9:00 am-12:00 pm	Tonsler Park	\$50/\$75
320401-04	6-13	M-F	Jun 26-Jun 30		9:00 am-12:00 pm	Tonsler Park	\$50/\$75
320401-05	6-13	M-F	Jul 3-Jul 7	Jul 4	9:00 am-12:00 pm	Tonsler Park	\$50/\$75
320401-06	6-13	M-F	Jul 10-Jul 14		9:00 am-12:00 pm	Tonsler Park	\$50/\$75

# sports

## cubby crew

This 45 min class is designed to nurture a child's coordination, creativity, athletic ability and play in a fun, interactive parent-child learning environment. Parent and child are encouraged to interact with each other as well as the other classmates. The class with feature: balance/movement/ throwing/kicking with a variety of sports based games and drills in a low stress, 100% fun atmosphere that will set the foundation for a lifetime of health and active living.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
220206-07	1-2	Tu	May 30-Jul 11	Jun 13, Jul 4	9:00-9:45 am	Carver Rec	\$40/\$52
220206-08	3-4	Tu	May 30-Jul 11	Jun 13, Jul 4	10:00-10:45 am	Carver Rec	\$40/\$52
220206-10	1-2	Tu	Jul 25-Sep 5	Aug 29	9:00-10:45 am	Carver Rec	\$40/\$52
220206-11	3-4	Tu	Jul 25-Sep 5	Aug 29	10:00-11:00 am	Carver Rec	\$40/\$52

## youth flag football

The City of Charlottesville NFL Youth Flag Football league is for children ages 6-9. Teams will be formed by the recreation department and divided into two divisions: ages 6-7 and 8-9. Practices will vary by teams. League games will be played on Saturday at Washington Park, Rives Park, Buford MS or Tonsler Park. Open to city residents and non-residents

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320315-01	6-9	Sa	Jun 10-Jul 15		9:00 am-3:00 pm	Washington Park	\$55/\$71.5

## volleyball

Charlottesville Parks & Recreation offers competitive volleyball on several levels for men, women, and co-rec teams. To join, organize a team of at least six players & sign up at the Parks and Recreation office during the following months: May (summer), August (fall), November (winter), or February (spring). For more information, call 970-3271.

## softball

Leagues are organized on several different skill levels for men, and co-rec teams. The seasons last March - July and August - October. Organize a team of 10-20 players, register in February for Spring/Summer League or late July for Fall League at the Parks and Recreation Office located at 501 E Main St. For more information, call 970-3271.

## senior softball

Seniors 55+ are invited to play each week. The senior softball program meets on Tuesday and Thursday beginning in April at Darden Towe Park around 9:00 a.m. and play until noon. For more information, contact Larry Stremikis at 540-832-6282

## pickleball intro

### 8 – 60 minute classes

Pickleball is a Fun and energetic sport that combines elements of Tennis & Badminton. Can play indoors or outdoors. Come play and learn about the skills, rules and just have fun while getting a workout. This sport is for everyone.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
360216-01	16-99	M	Jun 19-Aug 7		5:30-6:30 pm	Key Rec	\$25/\$35

## pickleball intermediate

### 8 – 60 minute classes

Pickleball is a Fun and energetic sport that combines elements of Tennis & Badminton. Can play indoors or outdoors. Come play and learn about the skills, rules and just have fun while getting a workout. This sport is for everyone.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
360217-01	16-99	Tu	Jun 20-Aug 8	Jul 4	5:30-6:30 pm	Key Rec	\$25/\$35

## open play pickleball

At Herman Key Rec Center Gym: **PICKLEBALL SUMMER OPEN PLAY HOURS**

**MONDAY** – 6:45p-8:45p | **THURSDAY** – 5p-8:45p | **SATURDAY** – 1:00pm-4:30pm

**\*\*\$2.00 drop in fee per visit or free with Access pass to Smith Aquatic and Fitness Center or Carver Recreation Center.**

# SOUNDS OF SUMMER

Saturday, June 24  
Belmont Park

Saturday, August 19  
Azalea Park  
6pm to 8pm

AN EVENING OF LIVE MUSIC, FOOD  
& FUN FOR THE FAMILY

Belmont Park



Azalea Park



FREE ENTRY & FREE FOOD! \* While Supplies Last | For more information – 434-970-3260



# enrichment

## enrichment staff

**Program Manager:** Mindy Dodge, (434) 970-3572, [dodgem@charlottesville.org](mailto:dodgem@charlottesville.org)

**Recreation Specialist:** Sean Kunst, (434) 970-3086, [kunsts@charlottesville.org](mailto:kunsts@charlottesville.org)

## gymnastics

### open play

Does your child want to play in the gymnastics room on their own in a safe environment with an instructor. The \$6.00 drop-in fee covers 1 hour and 15 minutes of fun and practice time in the gymnastics room. Drop in to open play.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320520-01	7-12	W	Jun 14-Aug 2		12:00-1:15 pm	Carver Rec	\$45/\$59

### tumble time

Does your child want to practice some of their gymnastics skills in a safe environment with an instructor, or are you just looking to try gymnastics without committing to a weekly class? Drop in to this fun Tumble Time with your child! Kids can choose what they would like to practice, and the instructor will work them on certain skills. Active parental supervision is required for children 3 and under. The \$6.00 drop-in fee covers 1 hour and 15 minutes of fun and practice time in the gymnastics room.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320514-01	1-5	Tu	Jun 13-Aug 8	Jul 4	12:00-1:15 pm	Carver Rec	\$45/\$59

### art and tumbling

#### 8 – 60 minute classes

We have combined two of our most popular classes; Peanut Butter & Jelly and Messes and Masterpieces. Come join us for twice the fun in this combined parent and me art and gymnastics class. Your little one will jump, roll, tumble and swing and then go play with art materials in this fun class.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320530-01	1-3	M	Jun 12-Jul 31		9:00-10:00 am	Carver Rec	\$63/\$82
320530-02	1-3	M	Jun 12-Jul 31		5:00-6:00 pm	Carver Rec	\$63/\$82
320530-03	1-3	Th	Jun 15-Aug 3		9:00-10:00 am	Carver Rec	\$63/\$82
320530-04	1-3	Th	Jun 15-Aug 3		3:00-4:00 pm	Carver Rec	\$63/\$82
320530-05	1-3	F	Jun 16-Aug 4		9:00-10:00 am	Carver Rec	\$63/\$82
320530-06	1-3	Sa	Jun 17-Aug 5		9:00-10:00 am	Carver Rec	\$63/\$82

### dance & tumbling

#### 8 – 60 minute classes

We have combined two of our most popular classes; Pre Ballet and Tumble Tots 2. Come join us for twice the fun in this combined dance and tumbling class.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340145-01	4-5	Tu	Jun 13-Aug 8	Jul 4	3:00-4:00 pm	Carver Rec	\$63/\$82

# gymnastics

## peanut butter and jelly

### 8 – 45 minute classes

This is a fun parent and child class, designed as an intro to the elements of gymnastics. Development of coordination and balance are learned through games and play. Parents will assist their child in jumping, rolling, tumbling, swinging, and having a ton of fun! Child Led, Parent Assisted!

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320501-01	1-3	M	Jun 12-Jul 31		11:00-11:45 am	Carver Rec	\$60/\$78
320501-02	1-3	M	Jun 12-Jul 31		4:00-4:45 pm	Carver Rec	\$60/\$78
320501-03	1-3	Tu	Jun 13-Aug 8	Jul 4	9:00-9:45 am	Carver Rec	\$60/\$78
320501-04	1-3	Tu	Jun 13-Aug 8	Jul 4	10:00-10:45 am	Carver Rec	\$60/\$78
320501-05	1-3	Tu	Jun 13-Aug 8	Jul 4	4:00-4:45 pm	Carver Rec	\$60/\$78
320501-06	1-3	W	Jun 14-Aug 2		9:00-9:45 am	Carver Rec	\$60/\$78
320501-07	1-3	Th	Jun 15-Aug 3		11:00-11:45 am	Carver Rec	\$60/\$78
320501-08	1-3	Th	Jun 15-Aug 3		5:00-5:45 pm	Carver Rec	\$60/\$78
320501-09	1-3	Sa	Jun 17-Aug 5		10:00-10:45 am	Carver Rec	\$60/\$78

## tumble explorers

### 8 – 45 minute classes

This is a fun parent and child class held in the dance room designed as an intro to the elements of tumbling. Development of coordination and balance are learned through games and play. Parents will assist their child in jumping, rolling, tumbling and having a tons of fun! Child led, Parent assisted.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320517-01	1-3	M	Jun 12-Jul 31		9:00-9:45 am	Carver Rec	\$60/\$78
320517-02	1-3	M	Jun 12-Jul 31		10:00-10:45 am	Carver Rec	\$60/\$78
320517-03	1-3	M	Jun 12-Jul 31		11:00-11:45 am	Carver Rec	\$60/\$78

## tumble tots I

### 8 – 45 minute classes

Children will learn the fundamentals of gymnastics on a variety of mats and equipment. They will also focus on developing strength, body awareness and confidence, all while having fun!

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320502-01	3-4	M	Jun 12-Jul 31		10:00-10:45 am	Carver Rec	\$60/\$78
320502-03	3-4	M	Jun 12-Jul 31		6:00-6:45 pm	Carver Rec	\$60/\$78
320502-04	3-4	Tu	Jun 13-Aug 8	Jul 4	11:00-11:45 am	Carver Rec	\$60/\$78
320502-05	3-4	W	Jun 14-Aug 2		10:00-10:45 am	Carver Rec	\$60/\$78
320502-06	3-4	F	Jun 16-Aug 4		10:00-10:45 am	Carver Rec	\$60/\$78
320502-07	3-4	Sa	Jun 17-Aug 5		11:00-11:45 am	Carver Rec	\$60/\$78
320502-08	3-4	Sa	Jun 17-Aug 5		1:00-1:45 pm	Carver Rec	\$60/\$78

## tumble tots II

### 8 – 45 minute classes

An introduction course where children will learn through play and fundamentals of tumbling and gymnastics. This class will build strength, confidence and healthy bodies, all while having fun!

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320503-01	4-5	Tu	Jun 13-Aug 8	Jul 4	5:00-5:45 pm	Carver Rec	\$60/\$78
320503-02	4-5	W	Jun 14-Aug 2		11:00-11:45 am	Carver Rec	\$60/\$78
320503-03	4-5	Th	Jun 15-Aug 3		10:00-10:45 am	Carver Rec	\$60/\$78
320503-04	4-5	Th	Jun 15-Aug 3		4:00-4:45 pm	Carver Rec	\$60/\$78
320503-05	4-5	F	Jun 16-Aug 4		11:00-11:45 am	Carver Rec	\$60/\$78
320503-06	4-5	Sa	Jun 17-Aug 5		12:00-12:45 pm	Carver Rec	\$60/\$78
320503-07	4-5	Sa	Jun 17-Aug 5		2:00-2:45 pm	Carver Rec	\$60/\$78

# gymnastics

## tumble kids I

8 – 45 minute classes

Children will learn skills on a wide variety of gymnastics equipment, with an emphasis on strength, flexibility, and self-confidence. All levels welcome.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320504-01	5-6	W	Jun 14-Aug 2		3:00-3:45 pm	Carver Rec	\$60/\$78
320504-02	5-6	F	Jun 16-Aug 4		3:00-3:45 pm	Carver Rec	\$60/\$78
320504-03	5-6	Sa	Jun 17-Aug 5		3:00-3:45 pm	Carver Rec	\$60/\$78

## tumble kids II

8 – 45 minute classes

Children will learn skills on a wide variety of gymnastics equipment, with an emphasis on strength, flexibility, and self-confidence. All levels welcome.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320505-01	6-8	Tu	Jun 13-Aug 8	Jul 4	6:00-6:45 pm	Carver Rec	\$60/\$78
320505-02	6-8	W	Jun 14-Aug 2		4:00-4:45 pm	Carver Rec	\$60/\$78
320505-03	6-8	F	Jun 16-Aug 4		4:00-4:45 pm	Carver Rec	\$60/\$78
320505-04	6-8	Sa	Jun 17-Aug 5		4:00-4:45 pm	Carver Rec	\$60/\$78

## tumble kids II advanced

8 – 45 minute classes

Children will continue to learn skills on a wide variety of gymnastics equipment, with an emphasis on strength, flexibility, and self confidence. This class is recommended for participants who have successfully completed Tumble Kids II and are ready to do more advanced skills.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320506-01	6-8	W	Jun 14-Aug 2		7:00-7:45 pm	Carver Rec	\$60/\$78
320506-02	6-8	Th	Jun 15-Aug 3		6:00-6:45 pm	Carver Rec	\$60/\$78

## homeschool gymnastics

8 – 45 minute classes

Children will learn skills on a wide variety of gymnastics equipment, with an emphasis on strength, flexibility, and self-confidence. All levels welcome.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320518-01	6-12	Th	Jun 15-Aug 3		2:00-2:45 pm	Carver Rec	\$60/\$78

## club elite

8 – 45 minute classes

Children will learn basic to advanced gymnastics skills at their own pace. This class will also teach proper stretching, balance, and coordination to gymnasts of all levels. Class will be taught in a positive and noncompetitive environment.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320508-01	8-12	Tu	Jun 13-Aug 8	Jul 4	7:00-7:45 pm	Carver Rec	\$60/\$78
320508-02	8-12	W	Jun 14-Aug 2		5:00-5:45 pm	Carver Rec	\$60/\$78
320508-03	8-12	Th	Jun 15-Aug 3		8:00-8:45 pm	Carver Rec	\$60/\$78
320508-04	8-12	Sa	Jun 17-Aug 5		5:00-5:45 pm	Carver Rec	\$60/\$78

## club elite advanced

8 – 45 minute classes

Children will learn advanced gymnastics skills at their own pace. This class will also teach proper stretching, balance, and coordination in a positive and non-competitive environment. This class is recommended for children who have successfully completed Club Elite and want to continue learning and practicing their skills.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320509-01	8-12	W	Jun 14-Aug 2		6:00-6:45 pm	Carver Rec	\$60/\$78
320509-02	8-12	Th	Jun 15-Aug 3		7:00-7:45 pm	Carver Rec	\$60/\$78

# gymnastics

## developmental gymnastics I

12 – 75 minute classes

Learn the USA Gymnastics Level One required skills including vault, bars, beam and floor exercises.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320516-01	5-8	F	Jun 2-Aug 18		5:00-6:15 pm	Carver Rec	\$113/\$147

## developmental gymnastics II

12 – 90 minute classes

Learn the USA Gymnastics Level Two requirements including more in depth skills on the vault, bars, beam and floor. Participants must already have level one skills.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320519-01	5-8	F	Jun 2-Aug 18		6:30-8:00 pm	Carver Rec	\$135/\$176

## cheer tumbling

8 – 45 minute classes

Looking to improve your cartwheel? Trying out for the cheerleading squad? Try Cheer Tumbling. Cheer Tumbling will prepare your child for basic cheerleading tumbling skills including cartwheels, round-offs, walk-overs, and handsprings.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320510-01	10-14	Tu	Jun 13-Aug 8	Jul 4	8:00-8:45 pm	Carver Rec	\$60/\$78

# art

## doodles & donuts

1 – 60 minute classes

Do you love donuts? Doodles and donuts is for you! Join us for some sweet treats and guided drawing in a creative and relaxing art studio. Art supplies, donuts, and art instruction will be provided.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340531-01	7-12	Sa	Jun 24		9:00-10:00 am	Carver Rec	\$13/\$17

## art and tumbling

8 – 60 minute classes

We have combined two of our most popular classes; Peanut Butter & Jelly and Messes and Masterpieces. Come join us for twice the fun in this combined parent and me art and gymnastics class. Your little one will jump, roll, tumble and swing and then go play with art materials in this fun class.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320530-01	1-3	M	Jun 12-Jul 31		9:00-10:00 am	Carver Rec	\$63/\$82
320530-02	1-3	M	Jun 12-Jul 31		5:00-6:00 pm	Carver Rec	\$63/\$82
320530-03	1-3	Th	Jun 15-Aug 3		9:00-10:00 am	Carver Rec	\$63/\$82
320530-04	1-3	Th	Jun 15-Aug 3		3:00-4:00 pm	Carver Rec	\$63/\$82
320530-05	1-3	F	Jun 16-Aug 4		9:00-10:00 am	Carver Rec	\$63/\$82
320530-06	1-3	Sa	Jun 17-Aug 5		9:00-10:00 am	Carver Rec	\$63/\$82

## tiny tots messes & masterpieces

8 – 45 minute classes

Come and play with art materials to see the budding artist within your child. We'll finger paint, sculpt with clay, and do other projects involving painting, gluing, etc. Dress for a mess and bring a smock. Parents are welcome to participate with your child, but it is not required. Parent supervision is required for children 3 and under.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340200-01	1-3	Tu	Jun 13-Aug 8	Jul 4	10:00-10:45 am	Carver Rec	\$63/\$82
340200-02	1-3	W	Jun 14-Aug 2		9:00-9:45 am	Carver Rec	\$63/\$82

# art

## sensory explorers

8 – 45 minute classes

Does your child head straight to the sensory table in art class? If so, this class is perfect for you! Bring your little one to get their hands dirty and feed their senses by exploring different textures and materials from couscous to pudding to moon dough and more!

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340319-01	1-5	Tu	Jun 13-Aug 8	Jul 4	3:00-3:45 pm	Carver Rec	\$63/\$82
340319-02	1-5	F	Jun 16-Aug 4		11:00-11:45 am	Carver Rec	\$63/\$82

## art adventures

8 – 45 minute classes

This open studio uses traditional and non-traditional media to explore projects based on monthly themes and inspired by the interests of the children. Children and caregivers can move through the space, visiting project stations with varied themes. This class is designed to encourage students to learn through play and sensory experience as they create small and large works, exercising fine and gross motor skills. Parent/caregiver supervision is required. Fee covers 8 visits or there is a drop-in fee of \$7.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340146-01	1-6	M,Th	Jun 12-Aug 3		10:00-11:30 am	Carver Rec	\$48/\$56

## readiculous

8 – 45 minute classes

Have you ever tasted monkey pudding? Would you touch slime? Can you paint with your toes? Each class begins with a fun read-aloud and ends with a related project, which may be edible, artsy or down right goopy, come join the FUN!

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340149-01	1.5-3	W	Jun 14-Aug 2		3:00-3:45 pm	Carver Rec	\$63/\$82
340149-02	1.5-3	F	Jun 16-Aug 4		10:00-10:45 am	Carver Rec	\$63/\$82

## art in the park

8 – 45 minute classes

Join us at Greenleaf Park's Pavilion for an outdoor art class just for preschoolers. We will paint with our hands and feet, make a collaborative mural, and much more! Come dressed to get wet and make a mess! This class meets rain or shine, parental supervision is required.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340199-01	1.5-5	Tu	Jun 13-Aug 8	Jul 4	10:00-10:45 am	Greenleaf Park	\$63/\$82
340199-02	1.5-5	W	Jun 14-Aug 2		10:00-10:45 am	Greenleaf Park	\$63/\$82
340199-03	1.5-5	Th	Jun 15-Aug 3		10:00-10:45 am	Greenleaf Park	\$63/\$82
340199-04	1.5-5	Sa	Jun 17-Aug 5		10:00-10:45 am	Greenleaf Park	\$63/\$82

## preschool art

8 – 45 minute classes

Come and play with art materials to see the budding artist within your child. We'll finger paint, sculpt with clay, and do other projects involving painting, gluing, etc. Dress for a mess and bring a smock. Parents are welcome to participate with your child, but it is not required. Parent supervision is required for children 3 and under.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340201-01	3-5	M	Jun 12-Jul 31		3:00-3:45 pm	Carver Rec	\$63/\$82
340201-02	3-5	F	Jun 16-Aug 4		3:00-3:45 pm	Carver Rec	\$63/\$82
340201-03	3-5	Sa	Jun 17-Aug 5		10:00-10:45 am	Carver Rec	\$63/\$82

## critter creations

8 – 45 minute classes

Animal themed crafts from creepy crawlers to cute cuddlers, we'll create a new critter each week. Parents are welcome to participate with their child, but it is not required.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340159-01	3-6	Tu	Jun 13-Aug 8	Jul 4	9:00-9:45 am	Carver Rec	\$63/\$82
340159-02	3-6	F	Jun 16-Aug 4		4:00-4:45 pm	Carver Rec	\$63/\$82

# art

## edible art

### 8 – 45 minute classes

Let's make masterpieces we can eat! Edible playdoh, fruit and veggie paint, rainbow necklaces and much more. Dress for a mess and come hungry! Parents are welcome to participate with their child but it is not required.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340324-01	3-6	Tu	Jun 13-Aug 8	Jul 4	4:00-4:45 pm	Carver Rec	\$63/\$82
340324-02	3-6	W	Jun 14-Aug 2		10:00-10:45 am	Carver Rec	\$63/\$82

## art explorers

### 8 – 45 minute classes

A fun introductory class that utilizes a variety of mediums. Use paint, clay, paper, sand and other natural materials to create unique take home pieces of art.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340203-01	5-8	W	Jun 14-Aug 2		5:00-5:45 pm	Carver Rec	\$63/\$82
340203-02	5-8	F	Jun 16-Aug 4		5:00-5:45 pm	Carver Rec	\$63/\$82

## homeschool art

### 8 – 45 minute classes

Draw, paint, sculpt and print in this fun creative class. Learn about several different artistic mediums; experiment and create projects of your very own.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340334-01	5-12	Tu	Jun 13-Aug 8	Jul 4	11:00-11:45 am	Carver Rec	\$63/\$82
340334-02	5-12	W	Jun 14-Aug 2		11:00-11:45 am	Carver Rec	\$63/\$82

## techniques of drawing

### 8 – 45 minute classes

A beginner's introduction to traditional techniques of drawing. Each student will receive a beginner's set of drawing pencils and a sketch book for practicing.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340162-01	6-10	W	Jun 14-Aug 2		6:00-6:45 pm	Carver Rec	\$66/\$86
340162-02	6-10	Th	Jun 15-Aug 3		5:00-5:45 pm	Carver Rec	\$66/\$86

## art masters

### 8 – 45 minute classes

Explore the styles and techniques of the world's greatest artist. Learn by doing and become familiar with the new ideas. Independent thinking is encouraged.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340211-01	7-12	Th	Jun 15-Aug 3		6:00-6:45 pm	Carver Rec	\$63/\$82

## clay creations

### 8 – 45 minute classes

Make it, bake it, smash it, and blend it! Work with all different textures and colors to create the coolest clay creations. Please dress for a mess!

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340208-01	3-6	M	Jun 12-Jul 31		4:00-4:45 pm	Carver Rec	\$63/\$82
340208-02	3-6	W	Jun 14-Aug 2		4:00-4:45 pm	Carver Rec	\$63/\$82
340208-03	3-6	Sa	Jun 17-Aug 5		11:00-11:45 am	Carver Rec	\$63/\$82

## youth ceramics

### 8 – 45 minute classes

Students will have fun learning new techniques for working with clay and create functional and sculptural pieces. Low fire and polymer media will be used.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340300-01	7-12	Tu	Jun 13-Aug 8	Jul 4	5:00-5:45 pm	Carver Rec	\$73/\$95
340300-02	7-12	F	Jun 16-Aug 4		6:00-6:45 pm	Carver Rec	\$73/\$95

# art

## children's watercolor

### 6 – 45 minute classes

Children will experience the use of tube watercolors, often considered a "grownup" medium. They will explore the materials, learn some techniques, and have fun making a project they can take home.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340170-01	6-8	Tu	Jun 13-Jul 25	Jul 4	6:00-6:45 pm	Carver Rec	\$47/\$61

## adult watercolor

### 6 – 45 minute classes

Adults will explore tube watercolors, color mixing, and other watercolor techniques, leading to feeling comfortable with the materials and confident enough to paint a simple project.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340302-01	14-99	Tu	Jun 13-Jul 25	Jul 4	7:00-7:45 pm	Carver Rec	\$47/\$61

## adult beginner drawing

### 6 – 45 minute classes

Especially for adults who think they can't draw or are afraid to try. You will learn techniques to overcome the challenges of starting. You will learn contour drawing, warm up exercises, and use of negative spaces to make drawing easier. You will start a sketchbook that you can continue on your own.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340303-01	14-99	Th	Jun 15-Jul 28		7:00-7:45 pm	Carver Rec	\$47/\$61

# enrichment

## weird science

### 8 – 45 minute classes

Kids will get to shape their curiosity with hands on activities that will help them develop critical thinking skills and inspire a passion for science. We will do exciting experiments like changing the colors of flower petals, oh-so-goopy oobleck, mento explosions, walking water, egg shell geodes and bubble fizz mouths.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340353-01	5-8	M	Jun 12-Jul 31		6:00-6:45 pm	Carver Rec	\$63/\$82
340353-02	5-8	Th	Jun 15-Aug 3		4:00-4:45 pm	Carver Rec	\$63/\$82

## lego robotics

### 8 – 60 minute classes

Explore the world of robotics using the newest Lego Mindstorm EV3. Students will build robots with motors and sensors in this fun, hands on class. "LEGO® is a registered trademark of the LEGO® Group of companies which does not sponsor, authorize or endorse these programs or this web site."

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340460-02	8-12	Tu	Jun 13-Aug 8	Jul 4	5:30-6:30 pm	Crow Rec	\$75/\$98

## 3-d printing

### 8 – 60 minute classes

Create works of art in three dimensions. Learn techniques to build 3D sculptures, miniature fairy or gnome houses, mobiles, flags, kites and other functional pieces.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340461-02	7-13	Tu	Jun 13-Aug 8	Jul 4	6:45-7:45 pm	Crow Rec	\$75/\$98

# enrichment

## kids cooking

4 – 60 minute classes

You already know what you love, so come pick up some new and healthy ideas. We'll learn what to make for breakfast, lunch, dinner and dessert.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340413-01	7-12	M	Jun 12-Jul 3		7:00-8:00 pm	Carver Rec	\$55/\$72
340413-02	7-12	Tu	Jun 13-Jul 18		6:00-7:00 pm	Carver Rec	\$55/\$72
340413-03	7-12	W	Jun 14-Aug 2		6:00-7:00 pm	Carver Rec	\$55/\$72
340413-04	7-12	Th	Jun 15-Aug 3		6:00-7:00 pm	Carver Rec	\$55/\$72

## beginner sewing

8 – 60 minute classes

Participants will learn basic sewing machine skills and how to prepare for a project. They will have the opportunity to complete a beginner project such as a pillowcase, drawstring bag, beach/pool tote, shorts, or skirt with an elastic waist. Participants will learn sewing machine skills and how to prepare for a project. They will have the opportunity to complete a beginner project such as a pillowcase, drawstring bag, beach/pool tote, shorts or skirt with an elastic waist. Provided are sewing machines and basic sewing items. You will have to provide the cloth for the projects.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340250-01	8-11	M	Jun 12-Jul 31		5:00-6:00 pm	Key Rec	\$63/\$82

## beginner sewing 2

8 – 75 minute classes

Participants will learn basic sewing machine skills and how to prepare for a project. They will have the opportunity to complete a beginner project such as a pillowcase, drawstring bag, beach/pool tote, shorts, or skirt with an elastic waist. Participants will use their sewing skills from the beginner sewing class and work on a slightly more involved project and continue on building your skills. Also begin working with patterns. The project will be decided in the first class. We provide sewing machines and basic sewing items. May have to provide cloth for the projects.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340251-01	8-11	M	Jun 12-Jul 31		6:15-7:30 pm	Key Rec	\$79/\$103

## youth intermediate sewing

8 – 75 minute classes

Participants will learn basic sewing machine skills and how to prepare for a project. They will have the opportunity to complete a beginner project such as a pillowcase, drawstring bag, beach/pool tote, shorts, or skirt with an elastic waist. Participants will use their sewing skills from the beginner sewing class and work on a slightly more involved project and continue on building your skills. Also begin working with patterns. The project will be decided in the first class. We provide sewing machines and basic sewing items. May have to provide cloth for the projects. Must have completed beginner sewing 2.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340255-01	9-13	Th	Jun 15-Aug 3		6:00-7:15 pm	Key Rec	\$79/\$103

## adult beginner sewing

8 – 90 minute classes

Participants will learn basic sewing machine skills and how to prepare for a project. They will have the opportunity to complete a beginner project such as a pillowcase, drawstring bag, beach/pool tote, shorts, or skirt with an elastic waist. First two weeks you will learn the sewing basics, using the sewing machines and tools of sewing. Then move on to a sewing project. Please bring your sewing scraps for practice and when we start the sewing projects you will need to purchase and bring your own materials. Sewing machines provided.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340252-01	18-99	Tu	Jun 13-Aug 8	Jul 4	6:00-7:30 pm	Key Rec	\$95/\$124

## enrichment

### adult advanced sewing

8 – 90 minute classes

Participants will learn basic sewing machine skills and how to prepare for a project. They will have the opportunity to complete a beginner project such as a pillowcase, drawstring bag, beach/pool tote, shorts, or skirt with an elastic waist. First two weeks you will learn the sewing basics, using the sewing machines and tools of sewing. Then move on to a sewing project. Please bring your sewing scraps for practice and when we start the sewing projects you will need to purchase and bring your own materials. Sewing machines provided. Must have completed adult beginner sewing.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340254-01	18-99	W	Jun 14-Aug 2		6:00-7:30 pm	Key Rec	\$95/\$124

## martial arts

### karate

8 – 45 minute classes

This fun and non-competitive class will teach children the fundamentals of karate while developing skills such as flexibility, balance, coordination, and discipline.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
320703-01	4 - 5	M	Jun 12-Jul 31		5:00-5:45 pm	Crow Rec	\$60/\$78
320703-02	5 - 6	M	Jun 12-Jul 31		6:00-6:45 pm	Crow Rec	\$60/\$78
320703-03	6 - 10	M	Jun 12-Jul 31		7:00-7:45 pm	Crow Rec	\$60/\$78





# Learn and Play the Game of Golf at Meadowcreek!

## Rates:

### WEEKENDS & HOLIDAYS

\$29.00 green fee for 18 holes.

\$47.00 green fee with cart for 18 holes.

### WEEKDAYS

\$24.00 green fee for 18 holes.

\$42.00 green fee with cart for 18 holes.

## Memberships:

Meadowcreek offers a variety of membership options including unlimited, weekday and seniors. Add a cart to your membership as well as pay in monthly installments. Call or check our website for details.

**AFFORDABLE, CHALLENGING AND  
IN THE HEART OF CHARLOTTESVILLE.**

## Lessons:

### INDIVIDUAL LESSONS

Take a private lesson with our PGA Director of Instruction. If you have friends or other golfers you know, you can take a private, 1 hour group lesson.

- ⦿ \$40 per 30 minute lesson.  
Plus, \$20 per each additional person.
- ⦿ \$75 per 1 hour lesson.  
Plus, \$20 per each additional person.

### JUNIOR LESSONS

- ⦿ \$30 per 30 minute lesson.  
Plus, \$15 per each additional Junior.
- ⦿ \$50 per 1 hour lesson.  
Plus, \$15 per each additional Junior.
- ⦿ Juniors are through age 17.

### LESSON PACKAGES

5 Lessons for the price of 4

### CLINICS

Various clinics will be offered periodically throughout the season. Please call or check our website for dates.

- ⦿ \$20 per student for the 45 minute clinic.

### GET GOLF READY (BEGINNER CLASSES)

- ⦿ Five 1 hour group lessons for \$99.

For the first time player. Includes range balls, instruction, golf course fees, and rental clubs if needed. Class size will be limited to a student to teacher ratio of 6:1.

Please call or check our website for class dates.

**LESSON QUESTIONS? PLEASE CALL KRISTIN VOLENTINE, PGA: (757) 272-3179**

# fitness & wellness

## fitness staff

**Program Manager:** Mindy Dodge, (434) 970-3572, [dodgem@charlottesville.org](mailto:dodgem@charlottesville.org)

**Recreation Specialist:** Sean Kunst, (434) 970-3086, [kunsts@charlottesville.org](mailto:kunsts@charlottesville.org)

## fitness

\* Call or visit Smith AFC and Carver Rec for drop-in classes.

### fun run - superhero 2.5k fun run

Get your family moving together with this 2.5K Family Fun Run (or Walk) at Pen Park. Costumes are encouraged and prizes will be given out. There will be three distance options (.75 mile, 1 mile, 2.5K). Register early to guarantee a t-shirt!

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
220315-01	Single Adult	F	May 19		6:00-7:30 pm	Pen Park	\$20/\$20
220315-02	Single Child	F	May 19		6:00-7:30 pm	Pen Park	\$15/\$15
220315-03	Family of 3	F	May 19		6:00-7:30 pm	Pen Park	\$30/\$30
220315-04	Family of 4	F	May 19		6:00-7:30 pm	Pen Park	\$40/\$40
220315-05	Family of 5	F	May 19		6:00-7:30 pm	Pen Park	\$50/\$50
220315-06	Family of 6	F	May 19		6:00-7:30 pm	Pen Park	\$60/\$60

## yoga, mind and body

### kids yoga

#### 8 – 45 minute classes

This children's yoga class is designed with a theme for each class. Each class will be dedicated to learning about the body, breath and movement through the use of yoga postures. Stories, music and games will be introduced to create a varied and interactive class experience.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
330312-01	7-10	Tu	Jun 13-Aug 8	Jul 4	4:00-4:45 pm	Carver Rec	\$60/\$78

## dance and movement

### dance & tumbling

#### 8 – 60 minute classes

We have combined two of our most popular classes; Pre Ballet and Tumble Tots 2. Come join us for twice the fun in this combined dance and tumbling class.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340145-01	4-5	Tu	Jun 13-Aug 8	Jul 4	3:00-4:00 pm	Carver Rec	\$63/\$82

# dance and movement

## music and movement

### 8 – 45 minute classes

Come and explore the elements of music and dance in a non-competitive, playful way. We will begin with steady beat, pitch exploration and movement games, and will progress from there as the instructor gauges the skill level of the students. Along the way, we will use instruments, props, books, recordings, artwork, poetry, and more to create an integrated arts experience. Parental participation required.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340080-01	3-5	Th	Jun 15-Aug 3		3:00-3:45 pm	Carver Rec	\$60/\$78

## creative dance

### 8 – 45 minute classes

Come and play with the elements of dance in fun ways! This is not a technical dance class, and is great for both girls and boys who like to move! With the help of props, stories, songs, art materials, and games, we will explore the elements of dance; such as space, time, shape, body parts, expressive qualities, and more.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340101-01	3-6	Tu	Jun 13-Aug 8	Jul 4	6:00-6:45 pm	Carver Rec	\$60/\$78
340101-02	3-6	W	Jun 14-Aug 2		9:00-9:45 am	Carver Rec	\$60/\$78
340101-03	3-6	Th	Jun 15-Aug 3		9:00-9:45 am	Carver Rec	\$60/\$78
340101-04	3-6	Th	Jun 15-Aug 3		4:00-4:45 pm	Carver Rec	\$60/\$78

## zumba kids

### 8 – 45 minute classes

Designed exclusively for kids, Zumba Kids classes are rockin, high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumba Kids because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Get your kids moving with this fun dance-fitness class! Designed exclusively for kids. Zumba kids classes are rockin, high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumba Kids because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Get your kids moving with this fun dance-fitness class!

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
330319-01	4-7	Th	Jun 15-Aug 3		5:00-5:45 pm	Key Rec Center	\$60/\$78

## youth hip hop

### 8 – 45 minute classes

Learn basic hip hop moves, styles, and steps. Students will increase coordination and balance while gaining confidence and rhythm. Participants will learn routines and have fun in this high energy class.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340115-01	3-5	W	Jun 14-Aug 2		3:00-3:45 pm	Carver Rec	\$60/\$78
340115-02	5-8	W	Jun 14-Aug 2		4:00-4:45 pm	Carver Rec	\$60/\$78
340115-03	5-8	F	Jun 16-Aug 4		6:00-6:45 pm	Carver Rec	\$60/\$78

## hip hop 101

### 8 – 45 minute classes

This hip hop dance class is specifically for teens. Students will learn old and new hip hop dance trends, as well as choreography to all their favorite songs, all leading up to a performance at the end of the session. No experience necessary.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340123-01	6-13	Th	Jun 15-Aug 3		5:45-6:45 pm	Crow Rec	\$60/\$78

# dance and movement

## tiny tap and tutu

8 – 45 minute classes

This class is geared towards learning the very basics of tap and ballet, while making friends and having fun. Students will work on developing body coordination, balance, rhythm and concentration. Students will need soft ballet slippers and tap shoes.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340106-01	3-6	M	Jun 12-Jul 31		4:00-4:45 pm	Carver Rec	\$60/\$78
340106-02	3-6	W	Jun 14-Aug 2		10:00-10:45 am	Carver Rec	\$60/\$78
340106-03	3-6	Th	Jun 15-Aug 3		10:00-10:45 am	Carver Rec	\$60/\$78
340106-04	3-6	F	Jun 16-Aug 4		9:00-9:45 am	Carver Rec	\$60/\$78
340106-05	3-6	Sa	Jun 17-Aug 5		11:00-11:45 am	Carver Rec	\$60/\$78
340106-06	3-6	Sa	Jun 17-Aug 5		2:00-2:45 pm	Carver Rec	\$60/\$78

## beg/int tap dance

8 – 45 minute classes

A fun introduction to basic percussion rhythms and counting with your feet. Beginning tap steps are taught, while learning coordination and balance.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340113-01	6-12	M	Jun 12-Jul 31		6:00-6:45 pm	Carver Rec	\$60/\$78

## parent and me pre ballet

8 – 45 minute classes

Students will be introduced to the basics of ballet through dance activities for coordination, musicality, and storytelling. We'll stretch and move together with dance scarves, rhythm sticks, and more! Parents/Caregivers come dressed to dance!

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340116-01	1.5-3	F	Jun 16-Aug 4		10:00-10:45 am	Carver Rec	\$60/\$78

## fairy tale ballet

8 – 45 minute classes

This class introduces the basics of ballet for the beginning dancer. Students learn while acting out fun storylines from popular fairy tales and classical ballet stories. No experience necessary.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340117-01	3-6	M	Jun 12-Jul 31		3:00-3:45 pm	Carver Rec	\$60/\$78
340117-02	3-6	Tu	Jun 13-Aug 8	Jul 4	9:00-9:45 am	Carver Rec	\$60/\$78
340117-03	3-6	Tu	Jun 13-Aug 8	Jul 4	11:00-11:45 am	Carver Rec	\$60/\$78
340117-04	3-6	Tu	Jun 13-Aug 8	Jul 4	5:00-5:45 pm	Carver Rec	\$60/\$78
340117-05	3-6	Th	Jun 15-Aug 3		11:00-11:45 am	Carver Rec	\$60/\$78
340117-06	3-6	F	Jun 16-Aug 4		3:00-3:45 pm	Carver Rec	\$60/\$78
340117-07	3-6	F	Jun 16-Aug 4		4:00-4:45 pm	Carver Rec	\$60/\$78
340117-08	3-6	Sa	Jun 17-Aug 5		10:00-10:45 am	Carver Rec	\$60/\$78

## pre ballet

8 – 45 minute classes

Designed for the youngest ballerinas, this class teaches beginning movement through easy and fun dance steps. Emphasis is on developing coordination, rhythm, flexibility, social skills and fun.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340107-01	3-5	M	Jun 12-Jul 31		5:00-5:45 pm	Carver Rec	\$60/\$78
340107-02	3-5	Tu	Jun 13-Aug 8	Jul 4	10:00-10:45 am	Carver Rec	\$60/\$78
340107-03	3-5	W	Jun 14-Aug 2		11:00-11:45 am	Carver Rec	\$60/\$78
340107-04	3-5	Th	Jun 15-Aug 3		5:00-5:45 pm	Carver Rec	\$60/\$78
340107-05	3-5	F	Jun 16-Aug 4		11:00-11:45 am	Carver Rec	\$60/\$78
340107-06	3-5	F	Jun 16-Aug 4		5:00-5:45 pm	Carver Rec	\$60/\$78
340107-07	3-5	Sa	Jun 17-Aug 5		9:00-9:45 am	Carver Rec	\$60/\$78

# dance and movement

## pre ballet II 8 – 45 minute classes

A continuation of lessons learned in Pre Ballet 1. Students will continue learning ballet technique, and rhythms in a fun environment. It is recommended that students have completed Pre Ballet 1 before taking class.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340108-01	4-5	Tu	Jun 13-Aug 8	Jul 4	12:00-12:45 pm	Carver Rec	\$60/\$78
340108-02	4-5	Th	Jun 15-Aug 3		12:00-12:45 pm	Carver Rec	\$60/\$78

## beg ballet 8 – 45 minute classes

This class is the beginning of ballet technique for the young dancer. Students will improve coordination, posture, flexibility, concentration and most of all have fun. No experience is necessary.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340109-01	5-8	Th	Jun 15-Aug 3		6:00-6:45 pm	Carver Rec	\$60/\$78

## ballet I/II 8 – 45 minute classes

This class teaches students the fundamentals of classical ballet. The focus will be on alignment, turnout, basic barre and footwork exercises, flexibility, balance, alignment, strength and technique in this fun class.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340111-01	7-11	W	Jun 14-Aug 2		5:00-5:45 pm	Carver Rec	\$60/\$78
340111-02	7-11	Sa	Jun 17-Aug 5		12:00-12:45 pm	Carver Rec	\$60/\$78

## adult intro ballet 8 – 45 minute classes

No one is ever too old to begin dancing. This class is an excellent and fun way to tighten and tone, while learning the fundamental techniques of ballet.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340133-01	13-99	Th	Jun 15-Aug 3		7:00-7:45 pm	Carver Rec	\$60/\$78

## modern dance 8 – 45 minute classes

In this class, students will learn the movement of various modern dance techniques. Students will develop strength, flexibility and coordination through technical and artistic exercises. No experience necessary.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340127-01	10-14	W	Jun 14-Aug 2		6:00-6:45 pm	Carver Rec	\$60/\$78

## adult modern dance 8 – 45 minute classes

This class includes exploration of modern movement principles, warm-up, center exercises and combinations traveling across the floor.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340128-01	13-99	W	Jun 14-Aug 2		7:00-7:45 pm	Carver Rec	\$60/\$78

# summer camps

## summer camps

**Program Manager:** Mindy Dodge, (434) 970-3572, [dodgem@charlottesville.org](mailto:dodgem@charlottesville.org)

**Recreation Specialist:** Sean Kunst, (434) 970-3086, [kunsts@charlottesville.org](mailto:kunsts@charlottesville.org)

### Pre Teen Camp Overview

Come have fun and grow with us this summer! Our goal is to offer a comprehensive summer program that focuses on extended learning activities and fun recreational activities, programs and field trips. Participants will experience traditional camp activities, enrichment clubs, swimming, sports, active play, indoor and outdoor games, arts, crafts, nature and science. Also included is a nutritious breakfast and lunch provided through the USDA Summer Food Service Program. Open to youth currently in grades 4th-6th during the 2016-17 school year. Financial assistance is available through our Scholarship Program. Two locations are offered this summer at Carver Recreation Center and Walker School Gym. Wraparound care is provided at each camp from 7:30-9:00am & 4:00-5:30pm M-F, for an additional fee. Campers must be enrolled in regular camp before they can register for wraparound care. Transportation to and from Carver & Walker will be provided at 9am & 4pm. Stops will be limited and are not the same as the school year and cannot be changed. If you intend to ride the bus, please select the camp that is closest to your home.

### pre teen camp - walker

Those campers enrolled in Walker Summer School, band, orchestra, etc. must attend Camp at Walker.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340802-01	4-6 grade	M-F	Jun 19-Jun 23	Jul 4	9:00 am-4:00 pm	Walker Gym	\$25/\$32
340802-02	4-6 grade	M-F	Jun 26-Jun 30		9:00 am-4:00 pm	Walker Gym	\$25/\$32
340802-03	4-6 grade	M-F	Jul 3-Jul 7		9:00 am-4:00 pm	Walker Gym	\$25/\$32
340802-04	4-6 grade	Tu-F	Jul 10-Jul 14		9:00 am-4:00 pm	Walker Gym	\$25/\$32
340802-05	4-6 grade	M-F	Jul 17-Jul 21		9:00 am-4:00 pm	Walker Gym	\$25/\$32
340802-06	4-6 grade	M-F	Jul 24		9:00 am-4:00 pm	Walker Gym	\$25/\$32



## summer camps

### pre teen camp - carver

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340803-01	4-6 grade	M-F	Jun 19-Jun 23	Jul 4	9:00 am-4:00 pm	Carver Rec	\$25/\$32
340803-02	4-6 grade	M-F	Jun 26-Jun 30		9:00 am-4:00 pm	Carver Rec	\$25/\$32
340803-03	4-6 grade	M-F	Jul 3-Jul 7		9:00 am-4:00 pm	Carver Rec	\$25/\$32
340803-04	4-6 grade	M-F	Jul 10-Jul 14		9:00 am-4:00 pm	Carver Rec	\$25/\$32
340803-05	4-6 grade	M-F	Jul 17-Jul 21		9:00 am-4:00 pm	Carver Rec	\$25/\$32
340803-06	4-6 grade	M-F	Jul 24-Jul 28		9:00 am-4:00 pm	Carver Rec	\$25/\$32

### teen camp

The teen camp will be held at Key Recreation Center this summer. Don't sit at home and be bored! Come to the Teen Camp and hang out with friends and meet some new ones. We will be taking field trips throughout the summer to various "cool" spots, in and around Charlottesville. Other activities include basketball, roller skating, music, dancing, swimming, arts, crafts, sports and other recreational activities. Also included is a nutritious breakfast and lunch provided through the USDA Summer Food Service Program. Open to youth currently in 7th-10th grades during the 2016-17 school year. Financial assistance is available through our Scholarship Policy. The Teen Camp operates from 9am-4pm. Before care is offered from 7:30am-9am for an additional fee. Campers must be enrolled in regular camp before they can register for wraparound care. Transportation to and from the Teen Camp will be provided at 9am & 4pm. Stops are limited and are not the same as the school year and will not be changed.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340804-01	7-10 grade	M-F	Jun 19-Jun 23	Jul 4	9:00 am-4:00 pm	Key Rec Center	\$25/\$32
340804-02	7-10 grade	M-F	Jun 26-Jun 30		9:00 am-4:00 pm	Key Rec Center	\$25/\$32
340804-03	7-10 grade	M-F	Jul 3-Jul 7		9:00 am-4:00 pm	Key Rec Center	\$25/\$32
340804-04	7-10 grade	Tu-F	Jul 10-Jul 14		9:00 am-4:00 pm	Key Rec Center	\$25/\$32
340804-05	7-10 grade	M-F	Jul 21		9:00 am-4:00 pm	Key Rec Center	\$25/\$32
340804-06	7-10 grade	M-F	Jul 24-Jul 28		9:00 am-4:00 pm	Key Rec Center	\$25/\$32

### Playgrounds Overview

The Playground program is a supplement to our regular summer camp program, running after our 6 week camps let out. Camps will run M-F 7:30AM-5:30PM. Campers must register per week. Campers will participate in extended learning activities, fun recreational activities, programs and field trips. Participants will also experience traditional camp activities, swimming, sports, active play, indoor and outdoor games, arts, crafts, nature and science. They will also receive a nutritious breakfast and lunch provided through the USDA Summer Food Service Program. Carver is open to youth currently in grades Pre K-3rd and Key is open to youth currently in grades 4th-8th during the 2016-17 school year. Bus transportation to and from camp is NOT provided. Financial assistance is available through our Scholarship Policy.

### playgrounds - carver

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340806-01	Prek - 3rd	M-F	Jul 31-Aug 4		7:30 am-5:30 pm	Carver Rec	\$100/\$130
340806-02	Prek - 3rd	M-F	Aug 7-Aug 11		7:30 am-5:30 pm	Carver Rec	\$100/\$130

### playgrounds - key

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340805-01	4-8 grade	M-F	Jul 31-Aug 4		7:30 am-5:30 pm	Key Rec Center	\$100/\$130
340805-02	4-8 grade	M-F	Aug 7-Aug 11		7:30 am-5:30 pm	Key Rec Center	\$100/\$130

### weird science camp 5 – 90 minute sessions

Kids will get to shape their curiosity with hands on activities that will help them develop critical thinking skills and inspire a passion for science. We will do exciting experiments like changing the colors of flower petals, oh-so-goopy oobleck, mento explosions, walking water, egg shell geodes and bubble fizz mouths.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340218-01	5-8	M-F	Aug 14-Aug 18		1:00-2:30 pm	Carver Rec	\$78/\$101

# specialty camps

## wildlife explorers camp

5 – 90 minute sessions

Science starts with curiosity and observation. If you keep your eyes and ears open and record what you notice, then you are practicing science skills. It's a great way to explore a park. Let's get exploring!

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
330398-01	7-10	M-F	Aug 14-Aug 18		2:00-3:30 pm	Azalea Park	\$78/\$101

## nature art camp

5 – 90 minute sessions

Join us at Greenleaf Park's Pavilion for an outdoor art class that will have children exploring nature to find materials. We will paint, make a projects, and much more! Come dressed to get mess! This class meets rain or shine.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340163-01	7-12	M-F	Aug 14-Aug 18		10:00-11:30 am	Greenleaf Park	\$125/\$162

## dance fusion camp

5 – 90 minute sessions

In this camp, boys and girls will learn a different style of dance each day, everything from ballet to hip hop. Campers will learn the basic techniques that will help broaden their talent or spark their interest in all styles of dance, focusing on age appropriate dances. Campers will perform in a mini recital on the last day of camp.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340120-01	8-12	M-F	Aug 14-Aug 18		10:00-11:30 am	Carver Rec	\$75/\$98

## kids sewing camp

5 – 2 hour sessions

Participants will learn basic sewing machine skills and how to prepare for a project. They will have the opportunity to complete a beginner project such as a pillowcase, drawstring bag, beach/pool tote, shorts, or skirt with an elastic waist. All items will be provided. Participants will travel to fabric store on first day of class to learn differences between supplies and pick out their own fabric.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340253-01	8-12	M-F	Aug 14-Aug 18		9:30-11:30 am	Key Rec Center	\$130/\$169

## field trip frenzy camp

5 – 6 hour sessions

This is a fun and exciting field trip program. Children will go to a different field trip every day. Monday – Richmond Zoo, Tuesday – Shenandoah Hike and Ranger Talk, Wednesday – Virginia State Capital, Thursday – Lake Anna State Park, Friday – Richmond Science Center. Please bring a snack lunch. All admissions are included in fees.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340809-01	8-12	M-F	Aug 14-Aug 18		9:00 am-3:00 pm	Carver Fitness	\$300/\$390

## babysitting camp

3 - 5 hour sessions

Are you a current or future babysitter? Do you enjoy playing with kids? Do you see yourself as a future teacher or counselor? If you answered yes to any of these questions, this camp is for you! The American Red Cross Babysitting Camp will give you all the tools you need to safely and responsibly provide care for children and infants. This camp will help you develop leadership skills, develop a babysitting business, keep yourself and others safe, learn positive discipline techniques and learn about basic child care and first aid. From changing diapers to feeding toddlers, to performing life-saving procedures, this camp is for YOU!

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340701-01	11-15	M-F	Aug 14-Aug 18		9:00 am-12:00 pm	Carver Rec	\$82/\$108

## hiking camp

5 – 8 hour sessions

Enjoy hiking and outdoor education activities! Spend all day outdoors exploring hiking trails in your backyard like Sugar Hollow, Humpback and Ivy Creek.

ACTIVITY#	AGES	DAYS	DATES	NO CLASS	TIME	LOCATION	FEE (R/NR)
340810-01	7-12	M-F	Aug 14-Aug 18		9:00 am-5:00 pm	Crow Rec	\$300/\$390



# registration form

Please Print, Fill Out Completely, Sign and Mail To:

**Charlottesville Parks & Recreation**  
**PO Box 911**  
**Charlottesville, VA 22902**

Fax:

**(434)970-3596**

## Household Information:

Last Name (Primary Guardians) \_\_\_\_\_ First Name (Primary Guardians) \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_

E-Mail \_\_\_\_\_

## Registration Information:

Participants First Name	Participants Last Name	M/F	Birthdate	Activity #	Activity Name	Fee
1.						\$
2.						\$
3.						\$
4.						\$
5.						\$
Total Amount of Fees						\$

## Payment Information:

Please check one of the following: ☐ Visa ☐ Mastercard ☐ Discover ☐ Cash ☐ Check

Credit Card Information: Card # \_\_\_\_\_ 3-Digit Security Code: \_\_\_\_\_

Expiration Date: Mo \_\_\_\_\_ Yr \_\_\_\_\_ Signature: \_\_\_\_\_

## Liability Release:

I understand the nature and scope of the activity listed above. I understand that there are risks and dangers associated with the activity. I understand that it is not the function of the City of Charlottesville, its employees, agents, operators, or instructors to guarantee the safety of participants with respect to this activity. I also understand that each participant has the responsibility to exercise due care in the performance of the activity for the safety of himself/herself and the other participants.

In consideration of my/the participant's being permitted to enroll in this activity, I hereby release, indemnify and hold harmless the City of Charlottesville, its employees, agents, operators and instructors from any and all claims, demands, costs, charges, and expenses for harm, injury damage or loss which may be sustained by me/the participant as a result of or relating to participation in this activity.

Photo Permission by Parent, Legal Guardian or Legal Custodian: I give the City of Charlottesville, its officials and employees, to photograph or videotape the above-named participant, who is a juvenile, during his or her participation in the Recreation Program. I understand and agree that the participant's picture and any materials he or she has produced during the program may be placed on the City's website or within other materials publicizing the City's Recreation Programs. I also give permission for the participant, or his or her picture, to appear in the newspaper or on television as a participant in the Recreation Program.

I have read, and I understand the above Liability Release and Photo Permission.

**In witness whereof, I have executed this Liability Release and Photo Permission as my own free act on the**

**\_\_\_\_\_ day of \_\_\_\_\_, 2017. Participant Parent, Legal Guardian or Legal Custodian, if participant is**

**under 18 years of age: \_\_\_\_\_**

# 60 plus

## 60 plus staff

Recreation Specialist: April Baber, 434.970.3261

Recreation Manager: Sarah Blech, 434.970.3264

## city 60 plus programs

Serves ages 60+ and provides recreation opportunities such as water exercise, land exercise, day trips, workshops, nursing home and city day programs activities and special events. Goals are to have fun, improve or maintain health, improve self-esteem & teach recreation/educational skills. Athletics, Aquatics, Enrichment and Fitness also provide interesting adult classes and workshops. Specials Events: check the senior web page or calendar to see if there are any special events scheduled. For details on 60 Plus programs or to sign up for our monthly newsletter contact April Baber, 434- 970-3261 or [baber@charlottesville.org](mailto:baber@charlottesville.org).

## arthritis foundation land exercise

This is an easy stretching exercise program that follows the Arthritis Society Program. Class meets Monday at 2:00pm at Smith Aquatic and Fitness Center. Call April at 970-3261 for info and to sign up.

## arthritis foundation water exercise

This is an easy stretching exercise program that follows the Arthritis Society Program. The class meets on Tuesday and Thursday from 10:00 to 10:45 am at Smith Aquatic and Fitness Center, 1000 A Cherry Ave. Please call April at 970-3261 or see the Aquatic section for more information.

## other exercise programs

\* Smith Pool and Aquatic Center and Carver Recreation Center offer drop in exercises classes, including Yoga and Tai Chi. See program guide for details.

## housing sites

### PROGRAMS AT VARIOUS HOUSING SITE

**Midway Manor:** Bingo the 3rd Tues. of each month at 3:00pm.

**Woods Edge Exercise** – Exercise every Thursday at 1:00pm.

## nursing homes/adult homes/day programs - activities

Group recreation activities at various retirement and nursing homes. Contact April Baber for more information at 970-3261 or [baber@charlottesville.org](mailto:baber@charlottesville.org)

## other exercise programs

### senior pickleball

Fridays from 2:15 - 4:15pm until June 16th. Senior pickleball will start back on Friday August 18th from 2:15 - 4:15pm. For more pickleball times see Athletics page.

\$2.00 drop in fee per visit or free with membership Access pass to Smith Aquatic and Fitness Center or Carver Recreation Center

## community senior programs

### JEFFERSON AREA BOARD FOR AGING (JABA)

Promotes healthy aging that benefits individuals and families of all ages. Caregiver support, home delivered meals, Shining Star. Information & Assistance, Home Safety & Repair, Care Management, Adult Day Healthcare, Home Care, Health Insurance Counseling, Home Delivered Meals, Long-Term Care Ombudsman, Assisted Living and Senior Housing Information and much more. JABA Information: 817-5222, 674 Hillsdale Dr.

### MARY WILLIAMS COMMUNITY CENTER

The center is open to independent seniors for meals, activities, trips, classes, and socializing. The center operates Monday through Thursday from 10:00 am – 2:00 pm with a hot meal served for lunch on the days the center is open. In addition, home delivered meals and food bags are distributed out of the community center to elders in the area. JABA's Mary Williams Community Center is staffed with a nurse, a center manager, an activity assistant, and a geriatric case manager is available to visit as needed. The center is located in the historic Jefferson School City Center at 233 4th Street, NW in Charlottesville. The phone number is (434) 987-8433. Owned and operated by JABA.

### ADULT DAY HEALTHCARE CENTER

Senior citizens and adults with disabilities receive supervised care during the day while caregivers know their loved ones are in safe hands. Located at JABA, 674 Hillsdale Dr. 817-5222. Owned and operated by JABA.

### CARE ADVANTAGE PLUS

Whatever you need, whenever you need it, we'll be there. We offer many levels of caring staff to suit your needs, from working parents, to seniors in any setting, shut-ins, surgery patients and those with serious medical problems. Care Advantage Plus is co-owned by JABA. Call 973-2000.

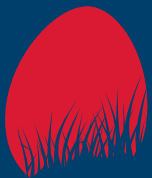
### SENIOR CENTER, INC.

A one-stop shop for adults, age 50+, to exercise, socialize, learn, travel, volunteer, and have fun! More than 100 different programs on- and off-site, from hiking to painting, bridge to book discussion. Benefits include computer center, financial counseling, and discounts with community partners. Scholarships are available. Hours: Monday and Friday, 8:30 am–4:30 pm; Tuesday, Wednesday, and Thursday, 8:30 am–8:30 pm; Sun. 2–6 pm. 974-7756, 1180 Pepsi Place, [www.seniorcenterinc.org](http://www.seniorcenterinc.org).



# Eggstravaganza

*Join us for a fun-filled egg hunt.*



**Saturday, April 8th  
at Charlottesville  
High School**

**STARTS PROMPTLY AT 10AM!**

Ages 12 and under will be divided on  
fields by ages (1-3), (4-7), and (8-12).

**Questions? (434) 970-3260  
Don't forget your basket!**

**SPONSORED BY:**



# celebrate your birthday!

## Celebrate your next birthday party with Charlottesville Parks & Recreation!

We offer a variety of different party themes and locations. Days and hours of parties vary by location. Please contact the facility directly for more information or to book your party.

### arts & crafts party - Available at Carver Recreation Center

Learn something new, make some art and have some fun with this birthday party. Package includes admission for 15, a private room for 2 hours, and a specialty instructor for 1 hour.

Package Price: \$145 Residents | \$180 Non-Residents

For more information or to reserve, call: (434) 970-3053

### indoor pool party - Available at Smith Aquatic & Fitness Center, [Friday, Saturday & Sunday]

Enjoy the indoor pools, water slides and in-water playground Smith AFC. Package includes admission for 20 people, a private room and a large ice cream cake delivered from Ben & Jerry's.

Package Price: \$150 Residents | \$185 Non-Residents

For more information or to reserve, call: (434) 970-3072

### outdoor pool party - Available at Onesty Family Aquatic Center and Washington Park Pool, [Friday, Saturday & Sunday]

Have fun in the sun and water with an outdoor pool party at either Onesty Family Aquatic Center or Washington Park Pool.

Package includes admission for 15, a private area for presents and a large ice cream cake delivered from Ben & Jerry's.

Package Price: \$130 Residents | \$165 Non-Residents

For more information or to reserve, call: (434) 970-3072 \*Registration will begin April 1, 2017

### roller skating party - Available at Carver Recreation Center

Bring some friends and skate in the brand new Carver Rec Center.

Package includes admission and skates for 15 and a private room for 2 hours. Please note that skating will be shared with the general public.

Package Price: \$100 Residents | \$135 Non-Residents

For more information or to reserve, call: (434) 970-3053

### gymnastics party - Available at Carver Recreation Center

Jump, tumble and swing with this fun, energetic party. Package includes admission for 15, a private room for 2 hours, and a specialty instructor for 1 hour.

Package Price: \$125 Residents | \$160 Non-Residents

For more information or to reserve, call: (434) 970-3053

### dance party - Available at Carver Recreation Center

Add some moves to your child's next birthday party. Package includes admission for 15, a private room for two hours, and a specialty instructor for one hour.

Package Price: \$125 Residents | \$160 Non-Residents

For more information or to reserve, call: (434) 970-3053



# therapeutics

## therapeutic program staff

Manager: Sarah Blech, 434.970.3264

Recreation Specialist: April Baber, 434.970.3261

Therapeutic Recreation offers recreation programs and services which promote individual choices, develop leisure skills and enhance socialization. Individuals with disabilities can choose to take part in a TR program which is designed specifically for people with disabilities or utilize inclusion services in which accommodations may be provided so that an individual with a disability can participate in any of our recreation programs that are not specifically designed for people with disabilities. For more information contact Sarah Blech at 970-3264.

## scholarships

Therapeutic Recreation activities are free or at a reduced cost. However, partial scholarships for therapeutic activities are available based on financial need. Contact 970-3264 for scholarship application information. Don't let the fees stop you from taking a class or trip!

## therapeutic recreation summer camps - reinvented!

Participants will be expected to manage their own behaviors with minimal staff intervention and must have a desire to participate in programming. Staff/camper ratio is one staff to five campers. Participants needing more assistance must come with an aide. Aides serve as a 'volunteer' and must adhere to department volunteer policies/procedure/standards of conduct and will include completion of a criminal record check.

Applications and Registration: Camp applications can be found on the Therapeutics page at [www.charlottesville.org/parksandrec](http://www.charlottesville.org/parksandrec), or email [blechs@charlottesville.org](mailto:blechs@charlottesville.org) or 970-3264 to request an application. Registration begins April 1st.

## camp crow

This camp is for children who need more support than a traditional summer camp can provide. Open to city and county residents.

June 21 - July 21, 2017

9am-4pm

Crow recreation center, 1700 Rose Hill Drive

For campers 8 – 13 years old, who can safely function in a recreation setting with one staff to five children, can handle their own toileting, dressing, and eating and have a desire to participate. Participants needing more assistance must come with an aide. Camp activities include swimming, arts and crafts, field trips, clubs, talent show, kayaking, and fun, friends, and adventure!

\$125 for 5 week session

Scholarships available based on need.

## therapeutic recreation summer camps - reinvented!

### camp henry

This camp is for young adults who need more support than a traditional summer program can provide. Open to city and county residents.

June 21 - July 21, 2017 | 9am-4pm

Post High Building, 915 Henry Street, Charlottesville (behind Burley Middle School)

For campers 14 - 22 years old, who can safely function in a recreation setting with one staff to five young adults, can handle their own toileting, dressing, and eating, and have a desire to participate. Participants needing more assistance must come with an aide.

\$125 for 5 week session

This camp incorporates leisure activities and pre-vocational opportunities through community volunteer service and recreation. Campers will be given the opportunity to develop lifetime leisure skills, plan community outings and learn job skills by volunteering with community organizations.

Mandatory three day session (June 21 – 23rd) will include goals and expectations, social skills training, code of conduct, teambuilding activities, and fun.

Activities include: fitness, volunteer/community service, field trips, outdoor activities (gardening, hiking, kayaking), clubs, cooking, talent show and more

### NatureArts specialty camp

Crow Recreation Center

July 24 - August 4 | 9:00 am – 4:00 pm

2 week camp that would contain elements of both nature and arts based activities.

For young adults/adults 13 – 25 years old who can safely function in a recreation setting with one staff to five young adults, can handle their own toileting, dressing, and eating, and have a desire to participate. Participants needing more assistance must come with an aide. While similar in schedule to Camp Henry, the theme of this camp is Reduce, Reuse, Recycle, and the majority of the activities would focus on this theme.

- Daily exercise activity
- Arts projects, focused on reused materials
- Volunteer work, joining with partner organizations
- Field trips
- Guest presenters
- Open House

\$110 for two week session. Scholarships available based on need.

### inclusion program at charlottesville parks and recreation summer camps

The Inclusion Program provides mentors at Camp ExL and Pre-Teen sites and is designed to help campers with special needs participate in a traditional summer recreational program. If you think your child might have a better experience at a site staffed with a mentor, call or email: 970-3264 or [blechs@charlottesville.org](mailto:blechs@charlottesville.org)

## THERAPEUTIC RECREATION SUMMER CAMPS



**JUNE 21 - AUGUST 4**

For more information or to download the online application visit: <https://tinyurl.com/hq7k6kn>  
For questions or to request an application in the mail please contact Sarah Blech at (434) 970-3264 or [blechs@charlottesville.org](mailto:blechs@charlottesville.org)

**SCHOLARSHIPS AVAILABLE**  
**REGISTRATION**  
**BEGINS APRIL 1ST**

# therapeutic social programs and special events

Learn independence, how to get along with others and about your community and state while traveling to local and state wide events/ locations. Please see monthly TR calendars for specific info. Individuals must be independent in mobility, eating, dressing and toileting or come with an aide.

Call 970-3264 or [blechs@charlottesville.org](mailto:blechs@charlottesville.org) to receive the calendar via email or mail. Many more activities and trips are publicized in our monthly calendar. Sign up!

## junior dean golf clinic

**Tuesday, May 9, 10:30 am – 12:00 pm.**

Junior Dean Golf Clinic – Putting, chipping, driving! Come to Meadowcreek Golf Course and learn from the pros! Join us for a great morning on the greens, followed by lunch at the golf course café. \$5.00 donation, limited openings, pre-registration required. 970-3264 or [blechs@charlottesville.org](mailto:blechs@charlottesville.org)

## save the date!

Holiday Trails Overnight – Spend the night at Camp Holiday Trails, just minutes from Charlottesville. Boating, outdoor activities, nature hikes, campfire, and s'mores! Participants will sleep in cabins outfitted with bunk beds. Saturday lunch and dinner, Sunday breakfast included in price. Must be independent in mobility, toileting, dressing, and eating.

Saturday, September 9 – 10th. Meet at Crow Recreation Center on Saturday at 11:00 am (drop off). Meet at Crow Recreation Center Sunday at 10:30 am (pick up). Registration begins in August.

R/NR Fee - \$75

## dances

Join Therapeutic Recreation in celebrating holidays, seasons, special events and life in general! Dances are held several times a year as a fun way of socializing with peers. Individuals should function well with large group supervision or come with an aide.

All dances are at Carver Recreation Center

**Welcome to Summer Dance - Saturday, June 17, 7 – 9 pm \$3.00 donation**

**Halloween Dance – Saturday, October 28, 7 – 9 pm \$3.00 donation**

## tr summer picnic

Therapeutic Recreation hosts its annual summer picnic on Saturday, August 19th at Pen Park Shelters from 10:30 – 1:00. Free! Please RSVP by August 15th to Sarah at 970-3264 or [blechs@charlottesville.org](mailto:blechs@charlottesville.org) so we can plan for enough food! See you then!

## end of summer pool party

Wednesday, September 9th, 10:30 – 12:30pm. Pizza lunch included. Onesty Pool, Meade Avenue.

Come join us as we say goodbye to summer. Open to individuals with disabilities and seniors. Registration required.

Call April Baber at 970-3261 or [baber@charlottesville.org](mailto:baber@charlottesville.org) to RSVP.

## lunch and activity for adults with visual impairments

A Lunch Activity Group is held one Friday a month through May at Herman Key Recreation Center, from 12:30-2:00 pm. \$4 includes lunch. Info & RSVP: Sarah Blech at 970-3264 or [blechs@charlottesville.org](mailto:blechs@charlottesville.org)

## supper club

Held monthly for teens and adults with disabilities to learn and improve social skills, order from menu, budgeting, tipping, etc. while eating in local restaurants. Individuals must be independent in mobility, eating, dressing and toileting or come with an aide. Cost of meal. Call Sarah Blech at 970-3264 or [blechs@charlottesville.org](mailto:blechs@charlottesville.org) to see if there are any openings.

## therapeutic exercise

### therapeutic exercise **FREE!**

**Therapeutic Group Exercise** - Agencies that serve teens and adults with disabilities are welcome to join in exercise, walking and active games at the Key Recreation Center on Tues and Fri from 10 – 11:30 am. Individuals from the community are welcome as well. Classes run Sept through May 2017. For specific startup date and to sign up, call Sarah at 970-3264 or [blechs@charlottesville.org](mailto:blechs@charlottesville.org). Limited openings.

### therapeutic basketball **FREE!**

Practice basketball and learn skills with your friends. Geared toward teens/adults with disabilities, who are independent and respond safely in large group supervision. Staff ratio 1:15. If individual attention is needed please come with an aide. Mondays, 3:45- 4:45pm, September through May at the Carver Center. Supervised by April Baber. Call 970-3261 to sign up.

### wheelchair basketball

The Charlottesville Cardinals wheelchair basketball team encourages adults with mobility limitations who are interested in competitive basketball to join their weekly Sunday practices at Key Downtown Center. To make a donation, to volunteer, or to play call Penney Dodson at 970-3413. Check out the Cardinal's website at [www.cardinalsbasketball.com](http://www.cardinalsbasketball.com)



### water exercise

Group instruction for individuals with disabilities on Monday, Wednesday, and Thursday in water exercise. Must be able to care for self in dressing room and respond to supervision 1/8 ratio or come with an aide. Located at Smith Aquatic & Fitness Center, 1000-A Cherry Ave, led by April (970-3261), Mildred (Call Sarah at 970-3264). The Monday and Wednesday class are all year. Thursday class ends in May. Call instructor to see if any openings. \$1.00 at door.

### therapeutic one on one swim

Non-ambulatory or extra special needs children, teens, & adults receive one on one exercise instruction, once a week for 6 sessions. Times/days vary. Bring your own personal care aide if assistance is needed in dressing room. Instructors: Roberta Cook and Dave Burton. \$60(R) \$80(NR) Limited openings, offered mid Sept.-May. Call 970-3264. Smith Aquatic & Fitness Center, 1000-A Cherry Ave.

### therapeutic one on one fitness instruction **NEW!**

Come and learn fitness and strength training with Dave Burton, Certified Personal Trainer (ACSM). Classes are geared for non ambulatory or special needs teens and adults. Group and Individual sessions are available and are held at the Smith Aquatics and Fitness Center. \$60 (R) and \$80 (NR) for 6 sessions. Contact Sarah Blech (434) 970-3264 for more information.



# vsa programs

## vsa charlottesville/albemarle

VSA promotes experiences in the arts for individuals with disabilities. Local programs include art exhibits, artist led workshops, poetry book, Virginia Festival of the Book activities, music recital, and special events. If you are interested in joining the committee, participating in programs or learning about VSA, call Sarah Blech at 970-3264. The local committee meets fall through spring.



## vsa workshops

VSA sponsors art workshops at various schools, recreation centers, and day programs led by artists with and without disabilities. In 2015 over 7,000 participants were involved in these workshops. Call 970-3264 or [blechs@charlottesville.org](mailto:blechs@charlottesville.org) to receive the monthly calendar of events or to learn more about workshops and residencies. Like us on Facebook at VSA Charlottesville/Albemarle.

## 2017 vsa visual art show

Carver Recreation Center through Friday, August 25th. Works by over 80 artists are on display. All sale proceeds go to the artist. For Carver Center hours [www.charlottesville.org/parksandrec](http://www.charlottesville.org/parksandrec)

## 2017 art show at city space

Come visit City Space on the downtown mall during the month of July for our summer visual arts show. All sales go directly to the artist. For more information contact Mary Miller at 295-1215.

## vsa poetry book

VSA Charlottesville/Albemarle is seeking original, previously unpublished poetry and short prose/short story submissions for the 2017 VSA Poetry Book. Poems/stories submitted must be suitable language and content for a general audience. The audience is young people as well as adults. Publication date will be October 2017. Submission deadline is Friday, May 20, 2017. All person with disabilities and their caregivers and family are welcome to participate. Please share this notice with other eligible poets/writers of short prose/stories. Questions: Call Sarah at 970-3264 or email [blechs@charlottesville.org](mailto:blechs@charlottesville.org) Email poem to [blechs@charlottesville.org](mailto:blechs@charlottesville.org). org or drop off hard copies between 8-5pm M-F (or mailed to) 501 East Main Street, Charlottesville, Va. 22902.



Photo Credit: Mary Anna Dunn

## other community programs

### adaptive rowing

Adaptive rowing is for anyone with a physical disability who cannot use standard rowing equipment. If you would like to learn more, email or call Karen at 267.239.4488 - [klewisbiller@aim.com](mailto:klewisbiller@aim.com). Athletes may have opportunities to do indoor rowing during winter months and on the water in fall and spring. Rowers should be at least 13 years of age. Volunteers are needed! The rowing program is directed by Karen Lewis. Program sponsors are Thomas Temple Allen Boathouse and Virginia Rowing Association.

### range of motion dance

This physically integrated dance program will have you moving as you learn modern dance technique, stretch with a partner, get up close with some contact improvisation, and work on group choreography. It is open to adults and teens (14+) with and without physical disabilities of all experience levels. Previous dance experience is not necessary, but good body awareness and control of assistive devices are needed. Susan L. Wiesner PhD, 678-362-1340, [rangeofmotion.va@gmail.com](mailto:rangeofmotion.va@gmail.com)

### special olympics

Area 3 Special Olympics Virginia for Charlottesville, Albemarle, Greene, Louisa & Fluvanna. Ages 8 and up with intellectual disabilities, a cognitive delay, or closely related developmental disability. Free but registration required; for details, visit Area 3's web site at [sovaarea3@yahoo.com](mailto:sovaarea3@yahoo.com) or contact Rose Ann Gamma at 434-960-9331.

### special needs ministry

Spring Hill Baptist Church welcomes those with special needs and provides accommodations/services for them and their families. We offer Sunday School classes at our Frays Mill Road campus, have two monthly respite programs: Game Night for older teens and adults and Take a Break for kindergartners through grade 5 and their siblings and Workshops/seminars. For info, visit [www.springhillbaptist.org](http://www.springhillbaptist.org) (Click on "Ministries" and then "Special Needs") or contact Brian Williams at [brian@springhillbaptist.org](mailto:brian@springhillbaptist.org) or 434-973-7473.

### t'ai chi, ch'i kung (qi gong)

Are you interested in learning more about martial arts but hesitant because of your disability? If so Hiromi T'ai Chi, a non-profit organization dedicated to promoting the health benefits of T'ai Chi Ch'uan, may be able to help. Email Hiromi Johnson at [hiromi@hiromitaichi.org](mailto:hiromi@hiromitaichi.org) or visit the studio at Suite 110, Michie Building, 609 E Market Street.

### therapeutic adventures, inc.

A non-profit 501 (c)(3) charitable education organization. **OUR MISSION:** *To educate, to challenge and to inspire ALL persons with differing abilities to improve their quality of life by providing greater access, awareness and participation in adaptive outdoor recreation and specialty therapeutic services.*

Therapeutic Adventures, Inc. is the premier provider of adaptive outdoor programs (snow sports, water sports and wilderness adventures); Program services are broken down into four areas: Physical & Developmental Disabilities, Wounded Warriors, Disabled Veterans and their Families, Cancer Survivors, Chronic Illnesses and Other Special Health Needs. For specific program offerings, schedules and registration, visit website at <http://www.taonline.org>, call Mark Andrews, 981-5834 or [adaptive.guide@gmail.com](mailto:adaptive.guide@gmail.com)



### virginia wheelin' sportsmen **FREE!**

Virginia Wheelin' Sportsmen is dedicated to providing people with physical disabilities the opportunity to enjoy the great outdoors. Whether it's fishing, skeet shooting, hunting or an assortment of other outdoor activities, you're guaranteed to have a great time! Free. Visit our website, [www.vanwtf.com](http://www.vanwtf.com). Or Robin Clark at 434-249-6154 or email [wheelz@aol.com](mailto:wheelz@aol.com). "Find us on Facebook"



### young life capernaum

Young Life Capernaum gives teens with mental and physical disabilities the chance to experience fun and adventure, to develop fulfilling friendships and to challenge their limits while building self-esteem through club meetings, camp and other exciting activities with Christian values. Come out and join the fun as we begin the journey of starting Young Life Capernaum in Charlottesville. This group meets the third Thursday of each month from 7:00 -8:15 pm. For more details, contact Kaylee Lucas at [kal2qq@virginia.edu](mailto:kal2qq@virginia.edu)



PO Box 911  
Charlottesville, VA 22902

PRSRT STD  
US Postage PAID  
Charlottesville, VA  
Permit No. 499



find us on facebook  follow us on twitter   
[www.charlottesville.org/parksandrec](http://www.charlottesville.org/parksandrec)

CHARLOTTESVILLE  
**parks & recreation**

## SUMMER OUTDOOR POOL PASS SALE!

**Swim at 2 pools with 1 pass!**

Washington Park Pool & Onesty Family Aquatic Center

Purchase or renew  
**APRIL 1 - MAY 26**  
and  
**SAVE!**

**New passes** must be purchased in person at our downtown Parks & Recreation office, Smith Aquatic & Fitness Center, Washington Park Pool, Onesty Family Aquatic Center or Carver Recreation Center.

**Pass renewals** can be purchased in person at one of the locations listed above, online or by calling customer service.

[www.charlottesville.org/parksandrec](http://www.charlottesville.org/parksandrec)  
(434) 970-3260